

It's No Secret that Baby Boomers' Bodies are Not What They Used to Be

That Means MANY People, Age 40+ in Your Audience Are Suffering With:

Insomnia Fatigue Hair Loss
Anxiety Hot Flashes Back Pain

And Many Other Symptoms

Not only are their bodies falling apart due to physiological aging and many years of high stress, but their careers are unstable too. At the same time the people who depend on them expect them to function as effectively as they did in earlier years.

It's not just their health that's making life a challenge for workers in this age group. Ageism in layoff and hiring decisions is amplifying these problems for older workers as they struggle to stay employed or get rehired, while trying to age gracefully.

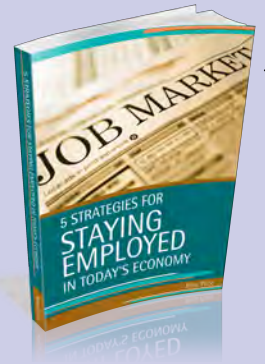
Story Ideas

- How to "Push the Reset Button" on Your Health So You Can Have The Professional Life You Want No Matter What Happens.
- What Your Mirror Isn't Telling You That's Key to Your Professional Success
- What Traditional Chinese Medicine Can Teach Us About: Colds and Flu, Insomnia, Fatigue, Headaches, Anxiety, Vision, Sleep, Sex, Menopause and Other Women's Issues.....
- 5 Simple Changes You Can Make That Will Allow You to Feel Better for a Lifetime
- Why Cultivating Their Health is the Most Essential Thing that Professionals Over Age 40 Can Do to Stay Competitive in Today's Economy
- What to Do If You Hate Taking Supplements but Want to Age Gracefully
- A Fresh New Look at Health-Related New Year's Resolutions (Lose Weight, Sleep Better, Stop Smoking...)
- Why Quarterly Health "Tuneups" Make Sense for Busy Professionals
- Your Middle Aged Body: An 'Abbreviated' Owners Manual



Nina Price is a Licensed Acupuncturist, Business and Wellness Coach who helps corporate professionals over age 40 to "push the reset button" on their careers and their health so they can prevent burnout and achieve "professional competitiveness". She is a former high tech marketing exec herself who almost reached burnout and decided to do "something else".

Nina is the author of **5 Strategies for Staying Employed in Today's Economy.**



Media Experience

Nina is the host and producer of a morning drive time radio show in the San Francisco Bay Area ongoing for 16 years.

Availability

Nationwide by arrangement: available as a last-minute guest.

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