




liza baker

**employee wellness consultant
author + blogger + podcaster
health coach**

I hung on every word Liza said as she facilitated a thought-provoking discussion on lifestyle choices for our company. She approaches life from a relatable perspective that leaves her audience asking questions.

~Jen C

contact info

 310-892-9485

 liza@simply-healthcoaching.com

 calendly.com/lizabaker

 simply-healthcoaching.com

 anchor.fm/liza-baker

speaking + workshops

Liza provides virtual workshops on the following topics—and is delighted to craft others as requested.

- EAT™ Your Way to Health
- FI!p Your K!tchen®
- What's the best way to eat?
- Constant Cravings
- Declutter Your Daytimer™
- Detox 101
- DiSTRESS / De-stress
- Heal your relationship with food
- Kale + Kryptonite™

Call or email to book your workshop or series today!



about liza

Life's complicated and overwhelming enough—Liza makes the journey to health as simple and sustainable as possible—and resilient employees make for sustainable organizations. Liza is certified in Integrative Nutrition® and holds a degree in Culinary Arts among other things. She lives in a half-empty nest in Vermont and is passionate about health and happiness, education and empowerment, SOLE/SOUL food and social justice. She's currently looking at the gifts of the pandemic being the opportunities we have been given to grow healthier humans, organizations, and communities—from local to global.