



## West Valley Business and Professional Women

Meets at Black Bear Diner  
6039 W. Bell Rd (southeast corner of Bell Rd and 61st Ave)  
Glendale, AZ 85306  
(602) 843-1921

1st Tuesday of each month, Network 5:30 pm, Dinner / Program 6:00 pm-7:30 pm

Members \$20.

### **Meeting - Tuesday, March 6, 2018**

#### **Presentation Title: "Solutions to Junk Food Cravings".**

Joanne Williams was born and raised in Utah and recently moved to Arizona. She has two boys and one granddaughter. She enjoys dogs, the outdoors, volunteering and sharing adventures with her husband.

She is the owner of Live Positive Lifestyle Coaching, LLC. She has an Associate's Degree in Business from the University of Phoenix. In her search to find a rewarding career that involved helping people, she became certified as a Health Coach through the Health Coach Institute in January, 2017. She has continued her education and also achieved the credential as a Certified Life Coach with Expert Rating.

She works with individuals and businesses on developing a health and wellness culture. You can follow her through her website, [lplc.site](http://lplc.site), and on Facebook at Live Positive Lifestyle Coaching, LLC.