



MEDIA ADVISORY

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Confused About Exactly *How* to Improve Your Health in the New Year?

Join Author Laura Kopec for practical insights that cut through the health and nutrition clutter

WHAT: Finally, a comprehensive, practical guide for what to eat for optimum health. Author Laura Kopec will discuss the 16 Rules of Nutrition featured in her new book, along with top, everyday strategies for improving your health in 2014. Based on current research, basic laws and common sense, her book outlines a rule in each chapter and practical strategies that anyone can incorporate into their daily life.

Discussion followed by Q&A and book signing. Gift certificates for products from Kopec Naturals www.kopecnaturals.com provided to attendees.

WHEN: Saturday, January 18, 2014
2 p.m. – 4 p.m.

WHERE: Barnes & Noble Booksellers
801 W. 15th Street, Suite E
Plano, TX 75075 972-422-3372

ABOUT: Laura Kopec is a leading nutritionist and natural living expert with a nutritional counseling practice in Plano, TX., and the founder of Kopec Naturals www.kopecnaturals.com, a natural skincare company with products in select Whole Foods stores in North Texas.

Laura is an educator, author, speaker, mother, and great lover of food. She began her passion for nutrition and natural living on an acre of land in Eastern Washington where she experienced everything from organic gardening, raising chickens, milking goats, canning food and making skincare. Since then, Laura received a Doctorate in Traditional Naturopathy from Trinity School of Natural Health, a Master of Science in Health and Nutrition Education from Hawthorn University, and a Nutritional Counseling Certificate from Trinity. Laura is a compelling speaker with a unique background in presentation, communication, nutrition and natural living.