

Get Healthy.

*Extraordinary
Things Will Happen.*

With electrifying energy and passion, Dr. Ann brilliantly transforms the compelling body of new science as it relates to nutrition, healthy living, and disease prevention into programs that are simple, fun, delicious and ultrapractical. The audience will be wowed by her knowledge and enthusiasm, but most importantly, will walk away with take action today inspiration and a crystal clear plan for living the healthiest life.

Speaker Video

www.DrAnnWellness.com



A Doctor Takes the Stage



As a **physician, best-selling author, and motivational speaker**, Dr. Ann Kulze, is on a personal crusade to share the joys of healthy living with as many people as possible. She is a renowned authority in the areas of nutrition, healthy lifestyles, and disease prevention. As a gifted teacher with **exhilarating energy and passion**, Dr. Ann transforms all of the “new science” of healthy living into programs that are simple, easy, and fun.

With her unique background and formal training in both nutrition and medicine, along with her extensive “hands on” experience as a wife, mother of four, and trusted family physician, Dr. Ann has distinguished herself as a one-of-a-kind “real world” nutrition and wellness expert. Growing up in a family with a **rich heritage in science and medicine**, Dr. Ann developed an interest in wellness and specifically nutrition at an early age. Following her passion, she graduated with honors from Clemson University with a degree in Food Science and Human Nutrition. She received her medical degree from the Medical University of South Carolina, where she received numerous academic awards and **graduated as the Valedictorian** of her class. Following her professional training, she worked as a family physician for 14 years and ultimately transitioned from her clinical practice in 2002 to **devote her professional life solely to wellness promotion**.

Dr. Ann is the founder and CEO of Just Wellness LLC, a wellness education firm committed to providing high quality, user-friendly educational resources and services. She is a highly sought motivational speaker and has **delivered over 300 inspirational talks, including many keynotes**. Dr. Ann has also authored six books on health and wellness, including the award-winning, best-selling Eat Right for Life® series (WELCOA).

A Doctor Takes the Stage

Hundreds of North American businesses and organizations, including some of the country's leading medical centers, have used her books to guide their employees and members to better health.

Dr. Ann has been featured in a number of national media outlets including the **Dr. Oz show, Oprah and Friends Radio, Time Magazine, NPR, WebMD, CNN Radio, Prevention, and Redbook**, among many others. She was the national spokesperson for Ruby Tuesday's SMART EATING initiative and is a regular guest on the Midwest's WBCL's mid-morning program.

When she is not writing, researching, or motivating others through her public or corporate speaking engagements, Dr. Ann lives her wellness message, enjoying swimming, running, kayaking, gardening, cooking, and spending time with her wonderful family.

Dr. Ann lives with her husband and four children in her native Charleston, SC. She currently serves on the Medical Advisory Boards of the Wellness Council of America (WELCOA) and the Prevent Cancer Foundation, the Board of Directors for the Lowcountry Land Trust and the City of Charleston Wellness Advisory Council. She is a recipient of the Prevent Cancer Foundation's Champion Seal and an Aspen Institute Liberty Fellow.





Dr. Ann Empowers

“That was probably the best presentation, of any sort, that I have ever heard. Dr. Ann is absolutely amazing. To be able to say so much for 2 hours and keep every single second of it interesting is almost impossible to imagine —and yet that’s exactly what she did. Thank you for bringing her here.”

-William P., Senior Copy Editor, The Heritage Foundation

“Dr. Ann could easily have done a general session. She was riveting and non-stop energy!”

“Dr. Ann Kulze was one of the best speakers I have heard in a long time. She was extremely knowledgeable, had the class engaged and provided valuable information. There were several attendees, including myself, that stayed after the class to ask her more questions. Dr. Kulze was excellent, thank you!”

“She was terrific and a great speaker to have on a morning after a big event. She was truly passionate about her subject.”

“Topic was enthralling and I think the whole group could have stayed longer to hear more. This was a great session- like being at a taping of the Dr. Oz show!”

“We should secure her again for a future FICP meeting...” “Please bring Dr Ann back.”

- Attendees of the 2012 FICP Education Forum

“Dr. Ann delivered a passionate, informative, and entertaining talk to our members. She is the unique combination of solid research, enthusiasm, and sincerity. To have one of the leading authorities on healthy living address our group was a privilege. Our organization and its affiliates will definitely have her back. Dr. Ann is the real deal!”

-David Alarid, Investment Executive and Financial Advisor of Securian Financial Services, Inc.

“The audience was absolutely inspired by your presentation - I have never heard such consistent and enthusiastic response from an audience before around a keynote address for an event that I have planned.”

- Lindsay Conn, Executive Director, Alliance for Workplace Excellence

“Dr. Ann energizes her audience and really gets them excited about wellness. I have read many books and heard many experts talk about nutrition and exercise over the years and she is by far the most inspiring speaker I have ever heard.”

- Steven C. Cole, President and COO, Support Services Alliance, Inc., An Excellus Company

Dr. Ann Empowers

"If you think you know all about Wellness and what it takes to be healthy, you haven't heard Dr. Ann. She captivates, motivates, informs and entertains. What a compelling message she has to share!"

- Richard Atkinson, Executive Vice President, HealthSTAT, Inc., President, The Rocketts, Inc.

"Dr. Ann's advice helps people eat well for a lifetime, and her vision for better nutritional health is especially refreshing. Dr. Ann's approach is a winner!"

- David Hunnicutt, PH. D., President of the Wellness Councils of America

"Dr. Ann's passion and knowledge about improving our health and well-being are contagious. She is a terrific speaker who motivates while she educates."

- Samuel E. "Sandy" Beall, Chairman and CEO, Ruby Tuesday, Inc.

"One of the best speakers on this topic I have ever heard. Need to repeat."

"She was incredible and well worth the whole trip."

-Attendees of Young Presidents' Organization (YPO) Rebel Chapter Summer Meeting 2004

"Wow! You were not only entertaining – you wooed the Awakening Conference participants into waking up and taking control of their health. Awakening would have been a success if it had stopped there with your presentation! Thank you! Thank you!"

-Jan Taylor, Director, Awakening

"Love Dr. Ann! What an enthusiastic speaker! So knowledgeable and has a great technique to teach us. Also got to speak with her and she is so warm and caring. P.S. Loved the dance at the end."

"I'll have what she's having! She's a dynamo! Fantastic job!"

-Attendees of WELCOA's National Training Summit, March 2014

"Dr Ann delivered a fantastic talk to 300 of our clients. She is amazing!"

- Steve Wilcox, CFP®, ChFC, CFS, Summit Financial Group, LLC

"The Women's Summit was a huge success and you were by far the biggest hit of the day, you are changing the world bit by bit- **you ARE a revolution!**"

- Devon Wray Hanahan, SC Commission on Women, Vice Chairman, First SC Summit on Women

Speaker Programs

Dr. Ann's most popular programs include:

Eat Right for Life! (1 hour, 1.5 hour, or 2 hour programs)

With explosive enthusiasm, Dr. Ann delivers THE blueprint for healthy eating in a way that anyone can sink their teeth into permanently!

The Happiness Diet (1 hour, 1.5 hour, or 2 hour programs)

The foods that cross our lips have a profound influence on the structure, function, and health our brains. In this totally uplifting and lively talk, Dr. Ann inspires and teaches the audience how to use food to enhance peace of mind and lower stress, while unleashing the remarkable power of the human brain.

Weigh Less for Life! (1 hour, 1.5 hour, or 2 hour programs)

With her signature passion and inspired energy, Dr. Ann shares what the very best science tells us are the very best ways to lose weight for good and feel great for life.

Live Life! (2 hours)

Dr. Ann says it all in this "comprehensive" healthy living program. She provides state-of-the-art guidance for optimal nutrition and healthy lifestyle practices to set everyone on the irresistible path to lifelong wellness and vitality.

Focused Programs (1 to 1 hour 30 minutes)

- Take Charge of Your Youth
- Rein in Your Appetite
- Give Yourself an Oil Change
- Boosting Your Energy
- Just Say Whoa! to Type 2 Diabetes
- Feed Your Kids Right!
- Cool it! Just Say Whoa! to Inflammation
- Just Say Whoa! to Cancer
- Being Good to Your Heart
- Conquer Your Carbs
- Being Good to Your Breasts
- All the Right Foods

* Dr. Ann is happy to customize any program to best fit your needs and time constraints.



Dr. Ann In The Media

