

HAVE MIA MORAN SPEAK AT YOUR NEXT EVENT

TOGETHER WE WILL REDEFINE THE FAMILY TABLE...

MIA'S SPEAKING STYLE

Mia leads her audiences with a dynamic, fast-paced mix of practical, "how-to" information delivered with a high dose of inspiration and motivation. Her infectious energy, beautiful slides and upbeat spirit will help busy moms change the way they think about food – and take action toward a better future for themselves and their families!



A FOCUS ON MOMS

Mia focuses on moms because she believes moms have the power to change the current state of the Standard American Diet.

All of Mia's talks are accompanied by beautiful slides and fast-action worksheets, so attendees experience success quickly.

MIA'S PRESENTATIONS ARE PERFECT FOR:

Schools
Women's Entrepreneur Groups
Gluten-free Conferences
Healthy Living Expos
Women's Retreats
Yoga Studios
Parenting Groups

MIA'S MOST POPULAR TALK

How to end the overwhelm around family and food — and get your kids to happily eat their veggies!

Transform your body, your family and your community — one dish at a time

Is the food you eat weighing you down? Do you know how food affects your kids' performance in school, and their future health and happiness? How can you keep eating clean at the top of your to-do list?

With long work hours, after-school activities and easy take-out options, the odds are stacked against busy families trying to live healthy lives. Mia provides strategies, solutions, tips and tricks that help the whole family eat clean every day.

In this informative session you'll learn:

- **Simple, doable changes you can start today** that will make a huge impact on your energy, your waistline and your family's future
- **3 things you "know" about food that simply are not true** and WHY it is really important to understand more about what and how you eat
- **The secret to sustaining** your new life... with ease!
- And most importantly, **how to pass healthy habits on** to your family!

Your health is not in the hands of your doctors, the pharmaceutical industry or even your acupuncturist — it is in your own. So hop in the driver's seat, and safely bring your kids along for the ride (before they can drive themselves)!

OTHER TALKS INCLUDE

Navigating Conference Room Lunches and Day Care Snacks: *Eating food that makes you more productive at work and more loving at home*

Working in an office can be hard for moms. Mia will introduce working moms to simple, doable steps designed to shift the way they eat so that they lose unwanted weight, become more productive at work, and become the kinds of individuals and parents they really want to be.

How to Handle Food Allergies and Feed a Family: *Tools for a busy mama to shape her family's future*

Finding out your child has a food allergy is hard! School events, birthdays, and just ordering a simple meal at a restaurant is challenging. Get simple strategies for meal planning; helping our kids have a healthy perspective on their allergies so they don't feel "different" or "left out" around food; and discovering all of the amazing alternatives and benefits that people without food allergies overlook. This talk helps you and your kids not only survive, but THRIVE!

BOOK MIA TODAY: CALL 617-699-6668 OR EMAIL mia@staybasic.com

A presentation may last 60 minutes but
the impact can last a lifetime...



Food demos can be included.



TO BOOK MIA...

CALL 617-699-6668 **OR**
EMAIL mia@staybasic.com,
and someone from our team
will get right back to you!

ABOUT MIA

Mia Moran envisions a world where kids crave salads, moms feel healthy and energetic all day, and the whole family feels fabulous after every meal.

A gluten-free, vegan lifestyle expert and award-winning graphic designer, Mia guides busy women to make simple changes for lifelong health and happiness, and help their families do the same.

As a working mom of three running her own successful design studio for 15 years, Mia created StayBasic **to help other busy moms learn to eat clean, make family dinner happen seven nights a week, and manage food allergies and healthy weight with ease.** StayBasic's suite of PlanSimple™ products combine Mia's expertise in creating innovative print and digital products with her unique ability to motivate, inform, and inspire—they have made their way into households across the country with rave reviews.

Mia draws on her experience of going from overweight and overwhelmed to energetic and blissful by mastering small, doable steps one day at a time. Mia is an international bestselling author, creator of the PlanSimple™ system, speaker, blogger, entrepreneur... and most importantly, a mom! Mia lives in Boston, MA with her husband and three children.

Let Mia help you discover how to balance food, family, and a busy life with simplicity and ease.

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