



Sharing the Fun!

Carla Kruck is a public speaker whose sarcastic, border-lining on frantic, humor brings a lighthearted “been there - doing that” to such topics as:

- Healthy Eating on the go
- Exercising with no time or desire
- Putting yourself on your “To-Do” list
- Menopause
- Corporate America
- Men and Kids

She appeals to stressed-out women who can learn valuable insight into diet, exercise, health, career, marriage and children with laughter and shared insight.

“Carla takes the uncomfortable issues like menopause with all its reality and makes it funny...but adds substance and useful takeaways that are practical and do-able.”

If your organization is looking to motivate, encourage or provide a light fun way to look at life...invite Carla as your next speaker.

Book Carla here:

<http://www.behappyinyourskin.com/contact.php>