



Eileen Tucker Cosby, Co-Author

As an overweight child, Eileen was compelled to co-author “*H* is for *HEALTHY - Weight Management for Kids*. At 10 years old, Eileen’s parents helped her to change her lifestyle by increasing her physical activity, and making healthier food choices. Eileen hopes that the techniques in this book will help children understand that being healthy can be fun.

Eileen is an encouragement and empowerment expert. Her insightful vision of people lets her see what is possible for them in their lives and in business. She speaks to corporations and sales teams about the importance of a positive attitude to achieve and maintain established goals. For more information, call 480-557-6749 or email eileen@swakpak.com.



Michelle May, M.D., Co-Author

Michelle May is a wife, mother, family physician, and recovered yoyo dieter. She is passionate about motivating children and adults to build optimal health, manage their weight, and live fulfilling, joyful lives. Dr. May developed the innovative, rational, multidimensional weight management system, *Am I Hungry?*® which was the inspiration for “*H* is for *Healthy - Weight Management for Kids*. She is also the author of *Am I Hungry: What to Do When Diets Don’t Work* available at www.AmIHungry.com.

To benefit from Michelle’s expertise and dynamic speaking presentations, call 480-704-7811 or email MMay@AmIHungry.com.



Norma S. Strange, Illustrator

Norma knows the weight challenges that come from being a busy working mom. She experienced Dr. May’s “*Am I Hungry*” program firsthand and joins other men and women who’ve been empowered to release the bonds of dieting. As the topic of obesity grips our nation, Norma knew she needed to focus her artistic and graphic design talents to help families with this topic.

Norma, *The Marketing Magnifier*, consults with businesses to help them gain more from their marketing efforts. She speaks to entrepreneurs of all ages teaching effective branding. Her inspiring presentations are humorous and jam-packed with successful business ideas. For more information on her speaking or services, call 480-557-6749 or email nstrange@swakpak.com.