

# SALLY ERREY

## **Staying Alive! Cookbook for Cancer Free Living**

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Humorous, enlightening and entertaining speaker, Sally Errey has published a nutritious guide book for everyone to live by.

In 2004, Errey, took her knowledge of nutrition to the next level, and created the book “Staying Alive! Cookbook for Cancer Free living.” She has worked extremely hard in researching cancer, speaking with patients and physicians in order to formulate a blueprint for upgrading nutrition and healthy living.

Errey started her own company, *Simple Nutrition Solutions*, to provide consulting services for those people seeking to manage and prevent illness. Some of her seminar clients include the Canadian Cancer Society, the Canadian Heart and Stroke Foundation, various corporate and Government agencies, and the University of British Columbia.

She is no stranger to the media world. Her 17 years of experience, combined with her love of food is reflected in her being the Nutrition Expert, Featured Chef and Food Stylist for “Alive” magazine and Canada’s Healthy Living Guide, as well as the Resident Nutritionist, on Shaw TV’s Studio 4. As a popular speaker, Errey is frequently invited to appear at Health Shows and Food Festivals.

To add to her dynamic schedule, Errey manages to find some time to provide services at the Centre for Integrated Healing, a Canadian national model for providing complementary care and alternative options for those living with cancer. Her lectures, weekly cooking classes and consultations have helped to transform many people’s lives.

She is in demand as a speaker for groups such as Canadian Cancer Society, The University of British Columbia and The University of Calgary’s Faculty of Medicine, Chapters of Health, a public education program through Chapters/Indigo stores nation wide, along with international corporations and government agencies.

Errey has appeared on Balance TV, City TV News Hour, Breakfast Television, CTV City Cooks, Shaw Cable TV, Channel M and News 11030.

With such a strong history, and commitment to helping people, Sally has created an impressive name for herself. She has received a high interested in sponsorship and positive response from her readers.

“Staying Alive!” is determined to prove to people that living healthy is simple. Errey’s aim is to help prevent and fight diseases, by showing the world how to stick to a nutritious life style and maintain a positive attitude.