

Wellness Event With SIMA x BLUE SHIELD OF CALIFORNIA

Saturday, October 28th, 2017

Locations:

Crescenta— Canada Family YMCA Fitness
1930 Foothill Blvd., La Canada, CA 91011

Crescenta Valley Family YMCA Fitness
3931 Lowell Ave., La Crescenta, CA 91214

Verdugo Hills Family YMCA Fitness
6840 Foothill Blvd., Tujunga, CA 91042

SIMA

blue  of california

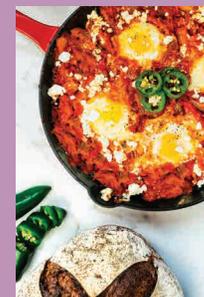
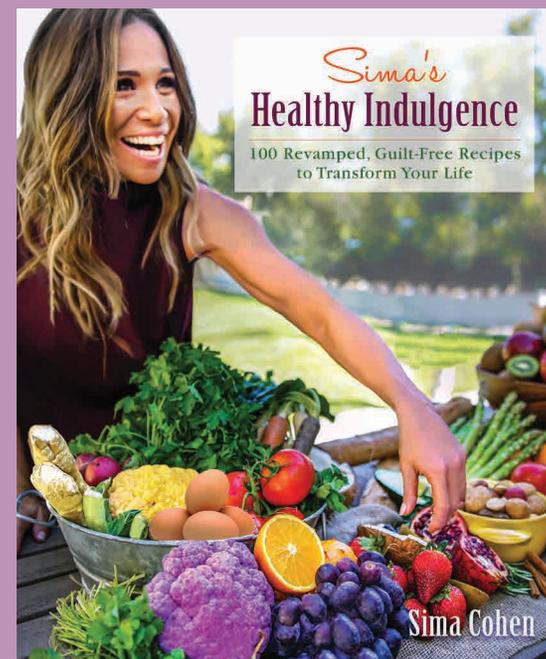


SIMA has partnered up with **Blue Shield of California** to speak on health and wellness. With her extensive background and 20+ years of knowledge and expertise over the years in the health and wellness field, she will be able to mentor those in attendance and guide and help them to live a better and healthier lifestyle. **SIMA** will also be doing a cooking demo of a recipe from her upcoming book *Sima's Healthy Indulgence* and a workout demonstration! So come join us to sweat and indulge!



SIMA is a celebrity trainer, nutritionist, wellness expert and author with more than twenty years' experience. In her life journey she learned the important elements that govern and influence health and happiness with her Mind, Body and Soul approach. Her expertise in nutrition, fitness and self-imprudent has helped thousands of overweight individuals across the US to achieve and maintain ideal weight. Her book, *Sima's Healthy Indulgence* (by Skyhorse Publishing) is the

culmination of her culinary work on achieving ideal body weight without counting calories or crazy diets. She has competed and won titles on fitness competitions across the US. She collaborates with many top brands in lifestyle and wellness such as Williams- Sonoma, Athleta, and Lorna Jane. Her blogs, recipes, interviews, and workouts have been featured in Whole Foods Market, Mindbodygreen, Jewish Journal, Oloxir Magazine, Primal Kitchen, JLTv, LA Mom Magazine, DLRevAMP and Tour De Fit.



Sima's Healthy Indulgence (Skyhorse Publishing, November 2017) book contains over 100 soul-sizzling, unprocessed, simple recipes for those who are done with the dieting game. This is not just a cookbook — Sima weaves in many life lessons and insights applicable to anybody and everybody.

Social Media Outlets:

Instagram: [@simacohenofficial](https://www.instagram.com/simacohenofficial)

Facebook: [Sima Cohen Official](https://www.facebook.com/SimaCohenOfficial)

Twitter: [@simaofficial](https://twitter.com/simaofficial)

Youtube: [Sima Cohen Official](https://www.youtube.com/SimaCohenOfficial)

Amazon book page: [Sima's Healthy Indulgence Book](https://www.amazon.com/Sima-Cohen-Healthy-Indulgence-Book/dp/1599207000)