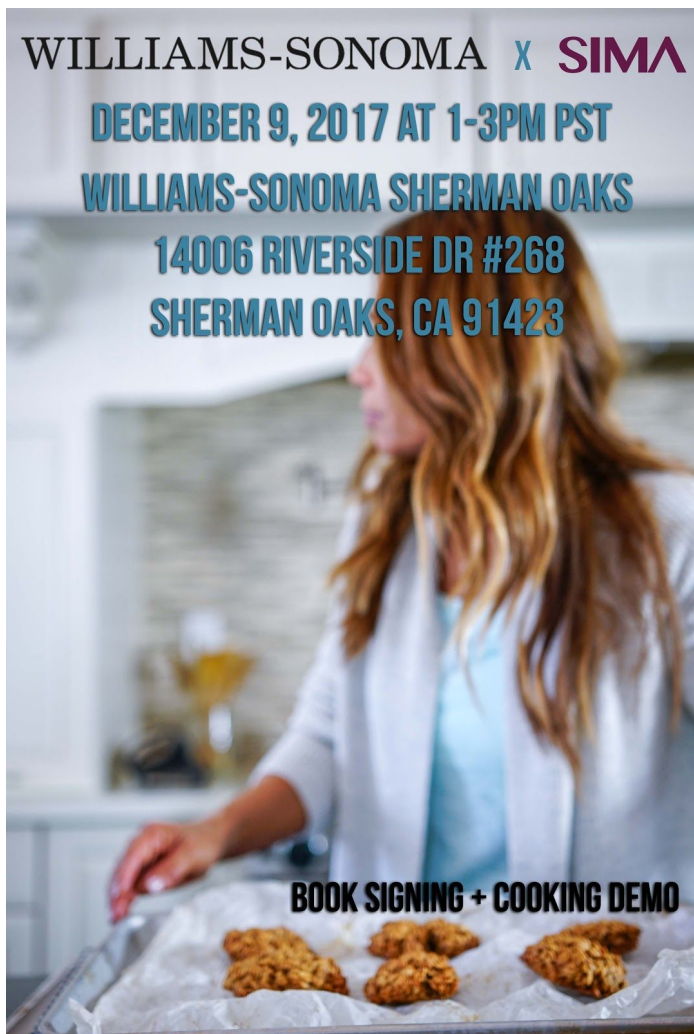


SIMA

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WILLIAMS-SONOMA x SIMA

WILLIAMS-SONOMA



WILLIAMS-SONOMA
SHERMAN OAKS

Saturday, December 9, 2017
at 1-3PM PST

**Sima will be doing a book
signing of her new book
Sima's Healthy Indulgence as
well as a cooking
demonstration featuring
recipes from her book!**



SIMA is a celebrity trainer, nutritionist, wellness expert, and life coach with more than twenty years' experience. In her life journey she learned the important elements that govern and influence health and happiness. She perfected her method to help people from all walks of life discover these elements which pave the way for achieving sustainable health and happiness in life: Self, Sweat and Substance. Her expertise in nutrition (substance) and fitness (sweat) has helped thousands of overweight individuals achieve ideal weight – the culinary part of that work resulted in the creation of this book. Sima resides in Los Angeles, California, with her daughter Kayla.

For media related inquiries contact:

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