

SIMA

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WILLIAMS-SONOMA x SIMA

WILLIAMS-SONOMA

WILLIAMS-SONOMA TOPANGA

Saturday, January 13, 2017
at 11-1PM 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!



WILLIAMS-SONOMA x SIMA

BOOK SIGNING + COOKING DEMO

JANUARY 13, 2017 AT 11-1PM

**WILLIAMS-SONOMA TOPANGA
6600 TOPANGA CANYON BLVD #1040
CANOGA PARK, CA 91303**



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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