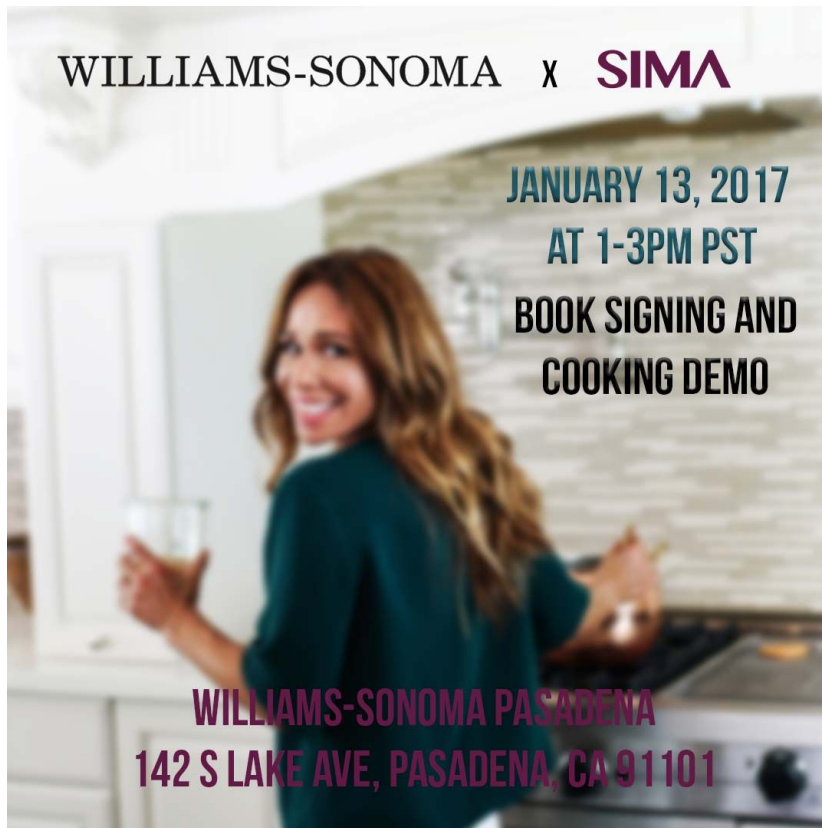


SIMA

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WILLIAMS-SONOMA x SIMA

WILLIAMS-SONOMA



WILLIAMS-SONOMA PASADENA

**Saturday, January
13, 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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Sheri Goldberg at sherig4pr@aol.com

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