

Meet the eMazine experts

The weekly motivators for your audience

■ The essence of eMazine lies with the inspiring words that our experts provide weekly. Not only do our experts know their stuff, they know how to say it in ways average people understand and appreciate. Their continuous stream of health information and tips can encourage your audience to stay on track with positive lifestyle choices.

Each week, your readers can receive 4 brand-new, timely articles — one from each expert. These features are located in the “Weekly Expert Columns” section of eMazine. eMazine makes it as easy as possible for your readers to keep up with our experts. Your readers can choose to read them in the “Weekly Expert Columns” section or sign up for RSS feeds of one or all of the weekly columns.

In addition, the experts will post quick, easy weekly tips on Facebook and Twitter. Your readers can “follow” one or all of the experts and receive these weekly nuggets of motivation.

A fresh, new issue of eMazine is delivered quarterly, yet through these weekly articles and tips, you’ll get the advantage of year-round health promotion for your audience. Now that’s motivating! That’s eMazine!

In addition, eMazine is reviewed for medical accuracy and timeliness by our **MEDICAL ADVISORY BOARD.**

[Meet the members of our Board here.](#)

eMAZINE’S EXPERTS COVER THE 4 MAIN AREAS OF WELL-BEING TO CORRESPOND WITH EACH SECTION OF THE PUBLICATION:

■ **The Whole You — Mind, Body, Spirit**



Dr. Peggy Spencer, MD

Peggy Spencer, MD, is a doctor, an educator and an author with more than 17 years of experience at the University of New Mexico. While she continues to enjoy her hands-on clinical work, she’s also very passionate about her writing because it allows her to spread her message of healthy living and preventive medicine to even more people. In addition to writing a regular column, she also is co-author of a book.

■ **Outer Aisle Fresh — Food and Nutrition**



Mary Ryan, Registered Dietician

Registered dietician Mary Ryan felt the best way to show others what it means to cook and eat nutritiously was to combine her passions for writing, teaching and counseling to become a nutrition communicator. Now based in Seattle, Washington, Mary has more than 20 years of experience. She holds a master’s degree in food and nutrition, and a bachelor’s degree in English. Mary is currently working on her second book that looks at emotional eating and helping people to explore their relationships with food.

■ **Get Moving — Activity and Movement**



Sandy Reid, Certified Group Fitness Instructor

If you need motivation to get moving, Sandy Reid is just the person to provide it. For more than 27 years, Sandy has been helping others to discover the joy and the thrill of active living. It’s not only what she knows that makes Sandy effective, it’s her approach. She understands that it’s not always easy to get started with a routine. Her upbeat, encouraging personality comes through in her words and her actions. A person can’t help but want to get moving. Sandy is a certified Group Fitness Instructor through the American Council on Exercise. In addition to her writing, she advises individuals on their activities and instructs a wide array of fitness classes.

■ **Fiscal Fitness — Money**



Shelley Lee, Financial Communications Expert

When it comes to finances, Shelley Lee knows her stuff. What’s more, she can explain it so that anyone can understand — from the corporate-level crowd to the entry-level clerk. She has been combining her writing and communication talents with her extensive financial knowledge base for more than 20 years. She has served as director of corporate communications for an independent securities broker/dealer and been a contributing editor for *Business Atlanta*. Over the years, she has written for *Business to Business* magazine, *Georgia Trend*, *Pension World*, *Atlanta Magazine*, *Arthritis Today*, the *Journal of Financial Planning*, and *The Wall Street Journal* online. She also has been editor of two magazines — *Financial Strategies*, a magazine for the financial service professional, and *Performance: The Business of Management*. Shelley also co-authored the book *You Are the Product*.