

For Immediate Release

Contact Information

Libby Mills, MS, RD, LD

Lifestyle Coach

Professional Living

1625 Spruce Street, Suite 1F

Philadelphia, PA 19103

Phone 215-546-1231

Toll Free 800-422-5505

Cell 215-237-8080

libby@professional-living.com

www.professional-living.com

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Libby Mills to Speak at National Pet Sitters Convention

Libby Mills, Lifestyle Coach, will give a presentation at the National Association of Professional Pet Sitters (NAPPS) 2004 Annual Conference and Pet Industry Business Forum in the City of Brotherly Love, Philadelphia, Pennsylvania, which will be held April 4-6, 2004 at the Radisson Plaza-Warwick Hotel. Frequently quoted in the media, Libby often speaks to businesses and groups across the country on nutrition, fitness, and lifestyle for the whole person. She is regularly published both regionally and nationally.

Her presentation-- "*Organizing Your Life to Get What You Want!*" dynamically guides each person to their own wellness balance. This balance considers all parts of a person's life-- health, happiness and personal peace as well as community and social involvement, work responsibilities, family, and personal values. "There is no one picture of wellness that applies to every person—we're all unique, juggling different demands and prioritizing differently. My systematic formula creates personalized wellness that works," states Mills. Libby's entertaining use of interaction, real-life scenarios and unique support tools, helps each participant create an achievable plan to get what they want.

"What Libby shares is for the *entire world*," said Kerri Hunter Woodman, President of Kerri's Cat Care after participating in Libby's presentation for the Multiple Sclerosis Conference. "Libby's one of the most motivating, goal orienting, compelling, original and dynamic speakers I've ever had the pleasure of absorbing."

To attend Sunday April 4, 2004 which includes Libby's presentation at 1:15 p.m., the cost is \$125 for members and \$150 for non-members. For more information, visit www.petsitters.org or call 856-439-0324.

In addition to conducting workshops and presentations, Libby provides individual and group coaching, face-to-face or by phone and Internet.