



MyHealth Affair with Corley Roberts

Singer songwriter, published author, fitness columnist, and healthcare professional: Corley Roberts brings her music and health message together for a powerful and motivating learning experience.

Corley's music speaks to people on all levels and with 'MyHealth Affair' she has found a growing audience of baby boomers and seniors that want to hear her message for healthy living through education and song. A variety of topics are addressed from aging to exercise, prevention of heart disease, weight management, and behavioral change. Corley interweaves her message with songs that drive the message home and allows for interaction and a relatable experience.

Corley is passionate about health and as a baby boomer she is dedicated to helping others live the 'next 50 years' healthier, happier, and connected. She has incorporated her music into the learning experience because she believes that music influences behavior change and passionate living.

"My Health Affair...is fabulous – educational and entertaining! She engages us with her warmth, humor, and terrific songwriting – and, all the while, she teaches us that age is inevitable, but disability most certainly is not. Corley's program combines her decades of experience in patient care with the latest research about women and the aging process, while capturing our hearts with her songs, which are interspersed throughout. She offers substantial steps that women can take to remain healthy and able to perform important activities of daily living, so that we can stay independent as long as possible. Through her songs, in quick stories from her own life, in her projections, she delights us, holds our interest, and brings home her message in every moment. She invites us into an affair with our aging selves – and we love it!"

(Carol Ponder, national teaching artist and consultant in education through the arts. The Kennedy Center, Lincoln Center Institute, the Tennessee Performing Arts Center in Nashville, the Montalvo Arts Center in San Jose, and Big Thought in Dallas.)

Please visit www.myhealthaffair.com for Information and Bookings.

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