

[August 22, 2-3: Author Talk with Jo Eager](#)



Passionate about health and well-being, Jo Eager is a student of universal laws, fitness, and nutrition. She shares lessons learned and how they helped her through experiences—from a life-threatening rattlesnake bite to a helicopter crash. Jo is an award-winning writer and broadcaster. Her voice aired worldwide— from former East Germany to Kauai, Hawaii, in English and German. Jo is also a veteran of the U.S. Army. Explore her latest work “Healthy by Choice Not By Chance”.



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