

# AUTHOR TALK EVENT

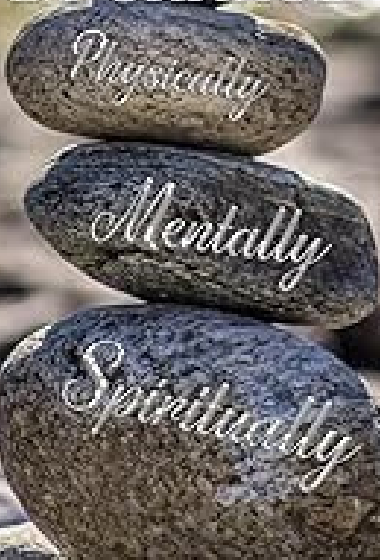
*by Author*

● Jo Eager



**Friday, August 22nd, 2025  
2pm-3pm**

JO EAGER  
**HEALTHY  
BY CHOICE  
NOT  
BY CHANCE**



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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