

## **Ivone Larson**

After years in education as a teacher and administrator, Ivone Larson retired to take care of her seriously ill husband. Encouraged by caring friends, she connected with June Denney in 2016, started a Whole Foods plant-based lifestyle, lost 80 pounds and never looked back! Although the research and data was compelling, it was the amazing food that nourished their wellness journey. She loves to share the knowledge she gained from her research and certifications in Plant-Based cooking with our community in hopes that it will inspire others towards a delicious wellness path. Her advice is to stay positive, eat more plants and just keep moving!