

## **Wanda Perschnick**

Wanda has had an interest in leading an active and healthy lifestyle for quite a while due to a family history of heart disease, auto immune diseases, and obesity related diseases. Loving being in nature, Wanda pursued a career in forestry with the Forest Service while keeping an interest in learning about nutrition and healthy eating. After participating in fitness classes with June Denney, she learned about a whole foods plant-based way of eating. The science June shared convinced Wanda to follow a WFPB way of eating. Wanda is a certified instructor with Rouxbe Forks Over Knives Program.