



**"Do not be conformed to this world, but be transformed by the renewing of your mind."**  
~ Romans 12:2

## *Danna Demetre* Speaker, Author & Radio Personality



Self-described as a "work in progress", Danna has learned how to find deep satisfaction by putting first things first in each area of her life. A survivor of marital infidelity, the heartbreak of rebellious children, the paralysis of unrelenting panic attacks and prolonged bondage to food, she has personally discovered that God's Word is truly "living and active and more powerful than a two-edged sword." In fact, that "sword" is much like a precision surgical knife that when turned on ourselves excises the lies we believe and replaces them with truth.

A popular international conference and retreat speaker, Danna has a passion for encouraging others with these life-changing truths. It is her desire to help them dig beneath the surface to find greater balance and purpose in all the dimensions of their lives. Years of mentoring and teaching have earned her the reputation of being the "Christian Woman's Total Life Coach".

In 1996, in response to her desire for unchurched and unsaved women to hear about Christ, Danna founded a ministry called "Women of Purpose". This dynamic outreach ministry has produced over 55 events at local hotels to provide an opportunity for Christian women to share their faith with friends, family and co-workers in a "non-church" setting. Danna loves partnering with women's ministry leaders to host outreach events in their own churches using the very effective model of Women of Purpose.

### **Speaking**

A popular conference and retreat speaker, Danna's personal transparency, natural style and sense of humor allow her to address a myriad of subjects with ease. Her audiences are both comforted and challenged by her passionate and practical approach to real life issues. She believes all the answers to life can be found in God's Word and shares those truths in creative and memorable ways.

### **Writing**

Danna is author of the popular book and church curriculum: *Scale Down...a Realistic Guide to Balancing Body, Soul & Spirit*. She has also written *The Heat Is On...Health, Humor & Hope for Women Facing Menopause* and *Change Your Habits...Change Your Life*. She is currently working on her fourth book, *What Happened to My Life?* Danna's reputation for integrating living truths of Scripture with real life and her willingness to "go deep" and authentically share her own journey has endeared her in the hearts of thousands of readers.

### **Radio/TV**

Danna has produced and co-hosted a daily Christian radio talk show and weekly health show called *Health Solutions Today* on KPRZ Radio in San Diego, California. She

has been featured on many national radio and television programs to include "Life Today" with James and Betty Robison, the "700 Club" with Pat Robertson, "Living the Life" with Terry Meuwssen and Moody's "Midday Connection" with Anita Lustrea.

### **Professional Health Experience**

With over 25 years practice in the health and fitness industries, Danna's professional experience is diverse and includes many years as a registered nurse, fitness professional, corporate marketing manager and trainer for a Fortune 100 company.

### **Personal**

Danna and her husband Lew have three adult children and live in San Diego, California with their 12-year old adopted grandson, Jesse. They are active in their local church and also welcome opportunities to speak together.

### **Contact Info**

For booking information, please call (619) 444-3400, or email [info@dannademetre.com](mailto:info@dannademetre.com).

*Promoting greater purpose  
& balance of body, soul and spirit*

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