

Antoinette St. Clair

wellness leader • speaker • event creator

“Toni brings together just the right people to make your event sing!”

Sherri Reid, Vice-President
Skytexus International



🌀 wellness leader

Feeling great shouldn't feel like work, right? Toni's relaxed approach to wellness blends common sense, intuition and science to help people make changes that stick. It's oxygen for everyone who's ever felt suffocated by the challenge of returning to a healthy lifestyle.

🌀 speaker

Gifted at connecting with a wide variety of audiences and interests

- ✓ Baltimore Health Summit
- ✓ Urban Inter-Tribal Center
- ✓ Vegan SoulFest
- ✓ Military Network and Urban Beat radio shows...and more!
- ✓ Whole Foods Market
- ✓ Sunstone Yoga

🌀 event creator

Developer of high-impact regional and national health and wellness events

- ✓ Your Life In Balance Summit, a multi-day wellness conference with 2000+ attendees & multiple nutrition, exercise and workplace wellness presenters
- ✓ Step Into Your Greatness (at CBC Conference)—a 3-day multi-presenter wellness event for 10,000 attendees with seminars, hands-on workshops and interactive experiences

“A dynamic and relatable expert who puts the life back into wellness.”

Nathalie Sessions, MS, RD, LD
Wellness Services, Houston Methodist