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INFLUENCERS



**Sovereign Self**  
Monday at 4 PM Pacific  
**November 22nd 2021: Plant Based Thanksgiving**

How do you navigate holiday celebrations when you have unique dietary needs? Zofia invites Lisa Smith to join her to plan out a plant based thanksgiving feast. All while exploring soul urges that moved her from Michigan, to Rome, on to China and into a soul led life!

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#### Featured Guest



#### Lisa Smith

Lisa A. Smith is a serial entrepreneur, health and wellness subject matter expert, nutritionist and professional speaker. She holds a bachelor's degree in psychology and a masters in business administration. She is certified in plant based nutrition, the executive director of the Plant Based Nutrition Support Group, the author of The Plant Based Foodie and creator of the signature P.H.A.R.M. TO TABLE plant based course. Lisa is a highly sought after speaker and presenter on plant-based nutrition, holistic health and entrepreneurship who epitomizes what it means to be a passionate community leader.

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