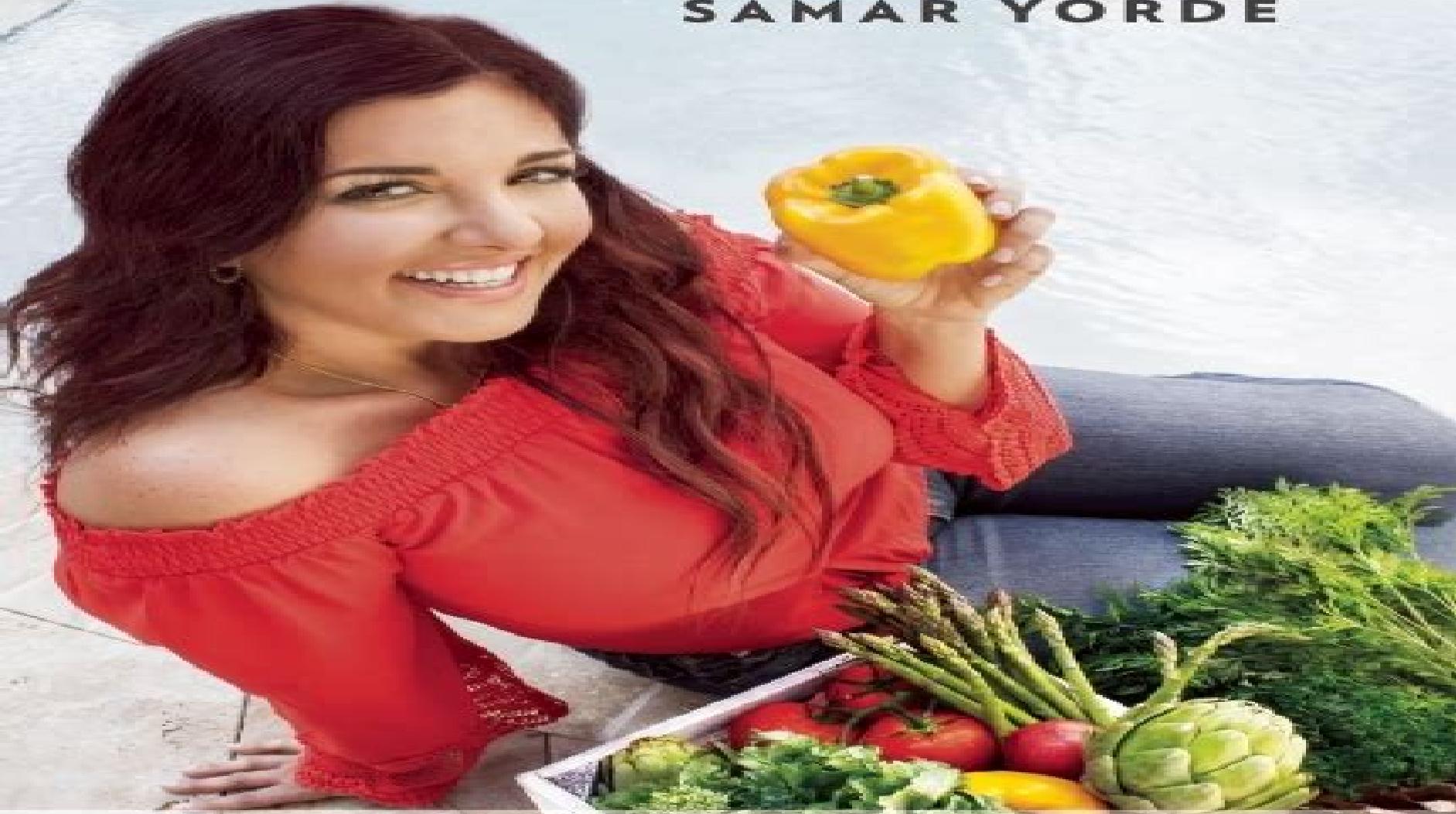


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physical joy and well being of health and good food of motivation and discipline affirms Yorde And more than just showing you the path I want to accompany you along the way Samar Yorde was born in Beirut Lebanon and was educated in Venezuela Creator of the social network SoySaludable I am healthy which is focused on the development of health nutrition physical activity emotional well being and illness prevention habits she incorporates the expertise of doctors nutritionists psychologists and professional trainers Yorde a doctor specialized in public health with a certification in obesity medicine is also a professional speaker health coach motivator lecturer and learning facilitator she participates regularly in radio and television shows presenting segments on health nutrition and healthy cooking

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