

## About Tamer

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# Tamer Soliman

*Wellness Consultant, Speaker, Filmmaker*



Tamer Soliman is a social entrepreneur who consults, speaks and writes on the importance of sustainable community practices. He has produced and directed award-winning documentaries on meaningful and timely health topics that have inspired both local and international audiences.

With a background in holistic wellness and a keen interest in longevity, Tamer teaches people that a truly healthy life includes eating local and sustainable food, having strong social connections and a deep relationship to our natural environment. He regularly gives talks at companies, wellness centres, schools and conferences, sharing his unique perspective on wellbeing. Conference organizers have described Tamer as, “the best professional health and wellness speaker to work with...He has a tremendously positive outlook that is absolutely infectious.”

As an influencer in the field of health and wellness, Tamer’s work has benefitted individuals and communities across the globe. One of his proudest achievements to date was being a part of the revival of the local food movement in the Cayman Islands, as a result of his film Bright Spot. His latest award-winning

film, The Great Disconnect, invites people to explore the relationship between their sense of community and overall sense of wellbeing. This film has been screened across Canada through multiple municipalities and Non-Profit organizations, and has been shown in over ten countries across Europe.

Tamer’s website and weekly newsletter content encourages people to deeply care about their health, the health of their community and the health of the planet.

Questions? Reach out to Tamer at [tamer@tamersoliman.ca](mailto:tamer@tamersoliman.ca). Stay in touch with Tamer by subscribing to his weekly newsletter at [www.tamersoliman.ca](http://www.tamersoliman.ca).

*“Tamer came to speak to our office about health and wellness. He presented his material very well, was very personable with our staff and answered everyone’s questions thoroughly. Bringing Tamer in was a worthwhile event, that I would recommend to anyone.”*

**- Jesse Blanchard**

Directeur d’usine/Plant Manager at ENERGI Fenestration Solutions