

Dr. Ro

Dr. Ro is an Author, Artist, Talk Show Host & Nutrition Coach, guiding women in their prime through the maze of weight loss, curbing sugar cravings, overcoming emotional eating, and a myriad of life challenges.

● YOUR PERSONAL AWARD-WINNING NUTRITION & HEALTH COACH

Recipient of the Ebony Power100 list of the most Influential African Americans (twice), the Most Distinguished Alumnae Award of Howard University (twice), and called one of the Top 5 Nutritionists in the U.S. by *More* and *Consumer* Magazines. She is the third African American to be featured on the cover of *Woman's World* Magazine for her work. The "Dr. Ro on Demand" podcast features hundreds of hours all about healthy eating and ways to live a healthier life.

● RADIO SHOW

Dr. Ro is heard weekday mornings on 101.5 FM in Charlottesville and 99.1 FM in Camarillo, California at 7-9am ET.

● PODCAST

"Dr. Ro on Demand" features hundreds of hours all about healthy eating and ways to live a healthier life. Available everywhere you get podcasts.

● AUTHOR / ARTIST / TALK SHOW HOST

Author of 3 books:

- *Lose Your Final 15*
- *Dr. Ro's Ten Secrets to Livin' Healthy*
- *You Healthy and Happy, Dr. Ro's Tips to Living an Inspired Life*

● UNDERWRITING & SPONSORSHIP

Support is what makes Dr. Ro's radio show possible. Please consider becoming an underwriter or sponsor.

LEARN MORE WITH DR. RO

POSITIVE MINDSET

MEDITATE

FRESH AIR

EAT WELL

REST



YOUR OWN PERSONAL NUTRITION COACH

All about Dr. Ro

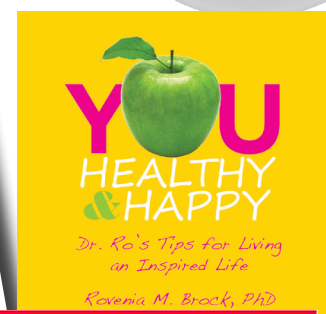
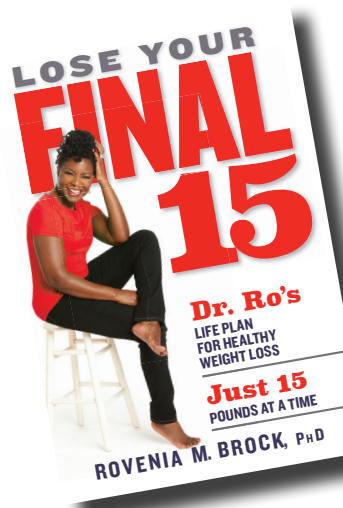
Dr. Ro, known as “America’s Nutrition Coach” on the Dr. Oz Show, served on the show’s medical advisory board for 7 years. She served as Nutrition coach on the The View helping Sherri Shepherd (to lose weight) on the Meredith Vieira Show, and Anderson Cooper’s daytime talk show as well. She regularly contributed to the Today Show, GMA, CBS This Morning and was a regular contributor to National Public Radio (NPR). To date, she has helped over 1.5 million people lose more than 6 Million Pounds!

She is most widely known as host of Heart and Soul (BET), the first national network health and fitness television show for Black women.

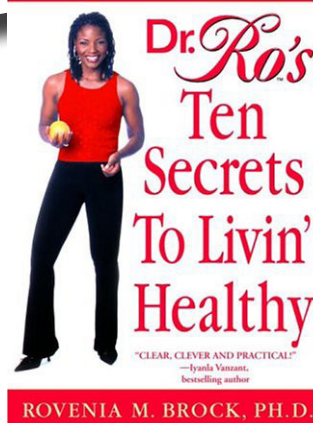
Dr. Ro has been the go-to Nutrition coach for Fortune 500 companies who established a brand of integrity, honor, genuine care and results for the women and families she serves.

She has received numerous honors including Recipient of the *Ebony* Power100 list of the most Influential African Americans (twice), the Most Distinguished Alumnae Award of Howard University (twice), and called one of the Top 5 Nutritionists in the U.S. by *More* and *Consumer* Magazines. She is the third African American to be featured on the cover of *Woman’s World* Magazine for her work helping women to lose weight.

Dr. is also host of the Dr. Ro On Demand Podcast and guiding women in their prime through the maze of weight loss, curbing sugar cravings, overcoming emotional eating, and a myriad of life challenges.



America's Most Renowned African American Nutritionist Shows You How to Look Great, Feel Better, and Live Longer by Eating Right



YOUR OWN PERSONAL NUTRITION COACH

Dr. *RO* On demand

Underwriting & Sponsorship

● UNDERWRITING

A term used in community radio to describe on-air announcements that acknowledge financial support.

● COST EFFECTIVE

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● SIMILAR BUT DIFFERENT

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Dr. *Ro* On air

Underwriting & Sponsorship
\$500 weekly | **\$2,000** monthly

● **BENEFITS**

- Acknowledgement of your donation on air and podcast
- Image/link on EverythingRO.com
- Social media posts
- Social media & email list a combined 52K
- The Dr. Ro Morning Show has an engaged audience who rely on her nutrition and health advice. Dr. Ro is a trusted source to her audience.
- She reaches women 40+ & men 45+

● **LISTENING AREA:**

The morning show is heard in Charlottesville & Albermarle, County VA. It is streamed worldwide and the Podcast is heard worldwide as well.

● **LEARN MORE** EverythingRO.com

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THE Dr. *Ro*TM MORNING SHOW