

# Speakers Bureau List

Below is a list of individuals that would love for you to call on them if you are ever in need of a guest speaker for your civic club, garden club, church groups, etc. If you would like to have your name added to the Speakers Bureau list, please call, 706.647.9686.

Speaker: Michele Barber

Business they represent: The Wellness Center of URM

Contact information: Email: [mbarber@urmc.org](mailto:mbarber@urmc.org) – Phone: 706.647.4466

Best time to contact: Monday-Thursday 8:30 am to 6 pm or Fridays 9 am to 1 pm

Availability to speak: Days, some evenings and limited weekends

Topics of Discussion: Health, wellness, nutrition, staying active as you age, women's exercise, stretching, flexibility, etc.

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Speaker: Rick & Mary Pat Jones

Business they represent: Stillmeadows Cabins

Contact information: Email: [jones1885@gmail.com](mailto:jones1885@gmail.com) – Phone: 706.646.4908

Best time to contact: Anytime

Availability to speak: Anytime

Topics of Discussion: Service Dogs, green roofs, organic gardening

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Speaker: Dr. Maggie Shook

Business they represent: Thomaston-Upson School System

Contact information: Email: [mshook@upson.k12.ga.us](mailto:mshook@upson.k12.ga.us) – Phone: 706.647.9621

Best time to contact: Weekdays 8 am to 4:30 pm

Availability to speak: Weekdays 8 am to 4:30 pm – Available other times as schedule allows

Topics of Discussion: The T-U School System – Goals, achievements, budget, etc.

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Speaker: Karen Truesdale

Business they represent: The Wellness Center of URMC

Contact information: Email: [mbarber@urmc.org](mailto:mbarber@urmc.org) – Phone: 706.647.4466

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Speaker: Alison Uphold

Business they represent: Thomaston Hospice

Contact information: Email: [alison@thomastonhospice.com](mailto:alison@thomastonhospice.com)

Phone: 706.647.2273

Best time to contact: Anytime

Availability to speak: Anytime

Topics of Discussion: Hospice Services

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