

INTRODUCTION

PARVATI (*Par-Vit-e*) **SHALLOW**

Feel free to leave your phones on and tweet during this program, but please take a moment and turn the ringer off. Be sure to use the hashtag #_____ (based on talk). Thank you.

My name is _____. I am (leadership position or organization), and it's my pleasure to welcome you. This program is sponsored by (list organizations).

Our speaker today is Parvati Shallow.

Parvati is a winner and three-time contestant on CBS's prime-time television series SURVIVOR. A travel and adventure lover, she completed a 100 day around the world adventure without spending a dime as the host of Around the World For Free. Most recently, Parvati has helped to further drive the new media strategy at CBS Interactive as the CBS News Health Editor.

Valuing overall wellness, Parvati offers training as a certified Hatha & Kundalini Yoga Teacher, including private, classroom, and retreat settings. She is a proud Bulldog from the University of Georgia's Grady School of Journalism.

Please welcome Parvati Shallow.