

## The “Real Bo and Dona”

### Stories with Nada



Bo (left) and Dona (right)

From as early on as she could remember, Nada’s life involved planting, tending, and harvesting herbs, vegetables, and fruit trees.

She was raised by her maternal grandparents in beautiful Croatia on a farmstead, and there she became an integral part of the land and everything her family practiced; all in the name of love and wellbeing. Those lessons learned have long remained, and given her the gift to create scrumptious meals from the garden’s bounty, to comfort and heal using natural remedies, and to educate and impact those around her.

Her passion and calling to teach prevention and the understanding that “food is our medicine”, rings clear in her work and all she stands for. Nada’s foundation’s mission and its programs celebrates the relationship we have with nature, which is crucial for our bodies to remain vital, vibrant and youthful! Mind-Body-Spirit.

Follow “Stories with Nada”, a sweet and truly accurate accounting of the real Nada Cory and her cousin Bo, as they live a simple holistic life in which nature is their playground and life constantly unfolds around them. For that, she is grateful