

**TRACK NAME**

Guide to Southwestern Green Living – Natural Awakenings

**SESSION NAME**

Healthy Home & Healthy Workplace – Understanding and Improving Your Indoor Air and Environmental Quality

**DATE + TIME + ROOM NUMBER**

Saturday Sept 6<sup>th</sup> – 1:00pm – Room 101A

**SESSION DESCRIPTION**

Did you know that your indoor air is often far more polluted than the outdoor air you breathe? Do you know why? This session will give a broad overview on contaminate sources that contribute to poor indoor air/environmental quality issues using real world examples. Many of these things have probably been right under your nose all along – literally! We will then give you tools and tricks for improving your indoor air/environmental quality to take with you and apply to your own situation immediately.

**PRESENTOR(s)**

Stacey Champion – Principal at Champion Indoor Environmental Services

**PRESENTOR BIOGRAPHY(s)**

Stacey Champion is a Certified Indoor Environmentalist (CIE).

Stacey became heavily involved with IAQ when her family bought what they would later discover was a “sick house” in 2002.

After running the Indoor Division of a local environmental company, Ms. Champion saw the need to start a diversified indoor air/environmental quality company which had a strong emphasis on education, prevention, and problem solving. Champion Indoor Environmental Services, now in its 4<sup>th</sup> year of business, was born!

Ms. Champion has been nominated as a “Diva Visionary” and was awarded an Entrepreneurial Excellence Award under the “Innovator” category by the Sedona Chapter of the National Association of Women Business Owners (NAWBO). She serves on the Education Committee for the Indoor Air Quality Association and is also the Chair of their Green Committee.

When she is not consumed by her passion, Stacey can be found frolicking with her children Zoe & Zane, welding functional art, or writing her book in progress. Her favorite color is of course green.

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