

About Tamer

Tamer Soliman

Filmmaker, Wellness Consultant



Tamer Soliman consults, speaks, and creates media in the health and wellness space. He has produced and directed award-winning documentaries on meaningful and timely health topics that have inspired audiences around the world.

With a background in holistic wellness and a keen interest in longevity, Tamer shows people that a truly healthy life includes eating local and sustainable food, having strong social connections, and cultivating a deep relationship to our natural environment. As a result of his unique and accessible approach, Tamer's work has benefitted individuals and communities across the globe.

Among his proudest achievements is producing and writing **Bright Spot**, a film that contributed to the revival of the local food movement in the Cayman Islands. His latest award-winning film, **The Great Disconnect**, invites people to explore the relationship

between their sense of community and overall sense of wellbeing. This film has been screened across Canada and in more than 12 countries across Europe.

Tamer has shared his unique perspective on health, nutrition, and wellbeing with both private companies and public institutions, presenting at conferences, schools, and wellness centres. Organizers have described him as “the best professional health and wellness speaker to work with,” and as possessing “a tremendously positive outlook that is absolutely infectious.”

Along with his partner Sarah, Tamer is a co-founder of March Forth Creative, a production company that creates thought-provoking media and educational resources that inspire positive community change. Find out about current projects and how you can work with Tamer by e-mailing him at tamer@tamersoliman.ca .