

Executive Chef John Saxton

Presents

The Chef's Lecture Series: Health & Wellness

This lecture addresses how proper nutrition will help you to be a healthier and happy individual.

Nutrition plays an important role in our body image and in our self-esteem. Education on the effects various foods have on the body provides a foundation for a happy and healthy lifestyle. Actively applying this knowledge is reinforced by understanding the decision making process whether shopping at the market for food or dining out. You'll learn healthy cooking techniques and obtain a greater appreciation of good food through the intensity of the five senses.



***Good Health requires
good nutrition
which leads to wellness.***

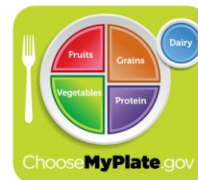


Heart Healthy Cooking Demonstrations can be incorporated into the lecture.

From Seniors to Children, each lecture is specific to each target audience.



**Great for Health Organizations,
Health-Focused Groups,
Self-Development Groups and
Church Ministries.**



***Partner to the
American Heart
Association***

***Partner to the
USDA Center for Nutrition
Policy and Promotion***

John Saxton is a Professional Chef who also has a Bachelor of Science Degree in Health Science. His mission is to target high-risk communities to educate themselves on eating healthy cuisine, to learn to eat the foods which will reduce cholesterol and blood pressure levels resulting in a longer lifespan and a healthier lifestyle. He has partnered with national organizations to promote the importance of eating healthy.

Call to Schedule a Lecture

813-784-4090

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