

### Educational Workshops / Webinars / Engagements

Beth is open to conducting a wide range of health, nutrition, wellness and cooking events at your venue (power point presentation and handouts available upon request). Below are some examples of event formats that she has found to be most successful to date.

All presentations or events will begin with Beth's introduction where she will share what led her to the journey of writing this book. From PBS TV series producer and host, to car accident victim to Certified Holistic Health Counselor and Nutrition Expert. She will shine the light on that little voice-of intuition-that is in all women. The voice that leads us to the one million decisions and choices made every day. Next, based on time allotted, the discussion can lead into a Q and A from audience, book signing and/or to one of the options below:

- **Interview-Interviewee:** Beth can participate in a 15-30 minute seated interview "food talk" with a host who would cover any of the topics on the interview questions page of this packet. Followed by an audience Q and A period and book signing. Beth loves food, nutrition and health and this would be a lively discussion.
- In addition to above event, our staff can co-ordinate with your facility to prepare food samples of selected **recipes from Beth's book** and she would offer a descriptive, how-to demo to prepare the dishes (see sample recipe page of this packet), sharing how good nutrition and food satisfaction can go hand-in-hand.
- **Eating for well-being and vitality:** Many women love to eat, but often feel frustration and guilt around the idea of eating too many calories. Beth will share and demonstrate some useful tips about "Eating for Energy" and useful eating tips for "Healthy Eating for Busy Women on the Go" and will provide sample recipes for everyone.
- **Go-to, time-saving Foods for Health and Energy:** Beth will give conversational examples of simple ways women can consume adequate nutrition throughout the day, without sacrificing taste or your waist.
- **Sample health coaching:** Beth will demonstrate, with an audience volunteer, just how it is to work with a Certified Holistic Health Counselor, sharing useful life-balancing tips and insights.
- **5 Foods for Beautiful skin-tasty suggestions, food facts and recipes**
- **Flat Belly foods-easy foods to add to your daily diet, food facts and recipes**
- **Your Choice:** Beth can customize most presentations of your choice, for your group.

**For Further Information, Please Contact Diane A. Testa at**  
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