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HEALTH & WELLNESS



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September 19th 2016: Encore: Circle of a Nutritious Life, Part 1

Circle of a Nutritious Life will feature teaching chef and author Monica Corrado. In this two-part series, Monica is going to discuss nutrition for women of all ages, starting with birth and moving through reproductive years. She will focus on how important nutrition is prior to conception and during pregnancy. The new field of Epigenetics teaches us that the food we eat determines which of the genes we are born with are expressed, or repressed. Put another way, genes load the gun and our lifestyle fires it; nothing is set in stone. Monica will provide nutritional advice that will provide the

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Featured Guest



Monica Corrado, MA, CNC

Monica Corrado, MA, CNC is a teaching chef and Certified Nutrition Consultant who is passionate about illuminating the connection between food and well-being. She is a dynamic teacher, speaker, consultant, and author who lives to share the tools, knowledge and inspiration to cook nourishing, traditional food. Monica has been teaching food as medicine throughout the US for almost 10 years after 18 years in sustainable food sourcing and preparation, menu design and management.

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