

NOURISH

Class description and Speaker Bios

The Nitty Gritty of Gluten – is it really that bad? Denise Steely, Angie Jonas RD

Denise Steely works alongside her daughter Kara, as co-owner of and product developer for DoughChicks, a gluten free business specializing in tasty nutrient dense foods for busy and active people. Along with sharing her story and tips and recipes for gluten free living, she'll be joined by registered dietician, Angie Jonas to help answer questions.

Digestive/Gut Health for Overall Health – Cindie Boland, R.N, M.S.N.

Have you heard the terms: Gut Health? Microbiome? Probiotic? Did you know that your gut plays a HUGE role in fighting off illness, infection and eliminating common triggers for disease? 35-year nursing veteran and life-long health advocate, Cindie Boland, will be sharing how “cleaning up” your diet can impact your wellness, mood, energy level and even clear brain fog while also sharing her insights into the Whole 30 elimination “diet”.

Healthy Eating 101 – Alanna Brown

Ready to make a change into a healthier lifestyle and don't know where to start? Alanna Brown is a Certified Personal Trainer and Certified Health Coach through Ace Fitness and serves as Member Care Coach and Health Coach for SEND International. She will be covering 101 level of how to begin a journey towards healthier eating choices.

Total Wellness; The Mental, Emotional, Spiritual & Physical Connection Michelle Halley, MD

Being well is not just a food thing. God designed us in ways that require good fuels and nurturing in all areas of our lives and they all work together in amazing ways. Michelle is pediatric critical care physician at Bronson with a passion for health, wellness and seeing people come to wholeness in Christ. In addition to over 20 years in medicine, she has had a lifelong interest in food, nutrition, exercise, cooking and spiritual growth.

Instant Pot Cooking: The busy and stressed out woman's new best friend! Jamie Arledge

From whole frozen chicken to cooked to perfection in 30 minutes? A home-made soup in 7? Who WOULDN'T want to learn how to save time and simplify life in the kitchen! Jamie Arledge is busy homeschooling and public schooling mom who uses her instant pot almost every day because it gives her the “super power” to create healthy and delicious food for her family...FAST!

Extreme Makeover Recipe Edition: Angie Foster-Goodrich

Who says you can't be healthy and eat what you love? Angie has worked in nutrition at Borgess and as a certified personal and group trainer for over 20 years and will be demonstrating how simple replacements can give you guilt-free alternatives to your favorite foods. Angie teaches yoga, step, pilates and refit at Gracespring.

Whole Foods for Healthy Lifestyles: Kim Talmage

Whole Foods, Raw Foods and Smoothies, OH MY! Though lots of confusion and disagreement over "health foods" exists out there, most everyone agrees that we need more fruits, vegetables and whole foods in our diets. Kim Talmage has used her education and experience with whole foods to help promote her own healing and wellness and is looking forward to teaching you how to do the same.

Menu Planning: Emily Wetters

Having just finished 2 years at KVCC in the Culinary Arts Program, and with 15 years as sous chef in her mother's kitchen, Emily Wetters has both the latest and greatest in culinary education and the years of knowledge and experience in her mom's meal planning methods. Emily will be sharing simple tools and tips to help you take what you know and use it to make a simple and effective meal plan!