

# Community Presentation at WomanSafeHealth



## *Coaching Yourself to Better Nutrition*

by Yael Dolev

Saturday, February 7, 2009 12 pm – 1 pm

Are you overwhelmed with food ads  
that tempt you and your family to eat junk?

Do you struggle to find enjoyable, nourishing food to eat?

### *Healthy snacks and drinks provided!*

Yael Dolev will present insights on how to offer yourself and your loved ones tasty, nutritious meals. Learn how to combine better eating habits and your hectic life with fun and simple techniques.

Yael Dolev of Dolev, LLC Food Coach coaches people to sustain nourishing eating habits in a program called "*Enjoy Eating And Never Diet Again*". With a background in agronomy, botany and ecology, Yael brings to her coaching a multidisciplinary approach focusing on the connections between our bodies that we need to sustain, the food we eat, and the environment in which our food grows. Yael has over twenty-five years of experience in agriculture and conservation.

Yael is a researcher, professional food industry magazine editor and farmer with many years of experience training children and adults. Yael follows a Mediterranean diet and can help you develop wholesome food habits as second nature. Yael is currently coaching at Washtenaw Community College and has special programs for busy working people, the elderly, immigrants and the workplace. For more information about Yael's coaching go to [www.dolevfoodcoach.com](http://www.dolevfoodcoach.com) or call 734-276-1317.

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