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*HEALTHY FOOD COOKING DEMO  
A Healthy Food and Cooking Adventure!  
with Michelle Hyman*

*Registered Dietitian and Certified Dietitian Nutritionist  
Transformation Weight Control*

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Michelle's cooking demonstration last fall at TWC was so well received that she is back for a return engagement! Michelle is not only a highly trained and skilled clinician, but she is also an exceptional cook! Michelle will share her expertise to show you how easy it can be to prepare healthy foods at home.

She will not only show you how easy it is to create nutritious and delicious dishes, but she will also explain the science behind the health benefits of the ingredients she uses. With her background in healthcare, Michelle will confidently and authoritatively answer any healthy food-related questions you can think of. We're looking forward to a delicious webinar! Join us!

Michelle's special menu for this webinar is delicious salads, salad dressings, and dips for springtime. These menu items provided her critical acclaim while working at the Veteran's Administration Hospital in NY Harbor and Northport, New York.

Michelle is a Registered Dietitian (RD), Certified Dietitian Nutritionist, Certified Specialist in Obesity and Weight Management (CSOWM), and Certified Diabetes Care and Education Specialist (CDCES). She received her Master of Science degree in Nutrition from LIU Post. She has over a decade of experience in the outpatient setting providing care individually and in groups. Her passion is working with clients to help you develop sustainable eating habits, lose weight and keep it off, and improve your relationship with food. In her free time, she enjoys cooking, reformer Pilates, and playing volleyball.

