



## Nourish Your Body and Your Mind

8:45 – 9:45 Registration and Networking

9:45 Opening remarks

10:00 – 11:45 **Cristina Sutter - Celiac Disease: Hidden Sources of Gluten**

Cristina Sutter is a Registered Dietitian with over ten years of experience providing nutrition counseling to clients who include the Vancouver Canucks and Canadian Olympic athletes. She has a Masters degree in Nutrition from the University of Toronto and has been a university instructor since 2006. Cristina has managed chronic disease programs and is currently the coordinator of the Vancouver Coastal Health Canada prenatal nutrition program.

Celiac Disease: Hidden Sources of Gluten

Is your kitchen prepared to serve gluten free meals? This session examines celiac disease and uncovers the extent of hidden sources of gluten. Take away practical gluten free alternatives to build your own safe and nutritious menu for clients with celiac disease.

11:45 – 1:15 Lunch and PSNM AGM

1:15 – 2:30 **Angelo Rea – Growth for Goals**



My name is Angelo Rea and one of my deepest passions in life is to communicate life-changing principles to people. As a professional coach, I will help you to develop an effective strategy that will produce positive results. You will achieve your deepest desires.

I am currently the president and CEO of Growth for Goals, which is a development training company. I have done thought-provoking conferences across Western Canada.

I have a Bachelor's Degree (1990) from Tyndale College and University, which is in Ontario. I received my Funeral Directors and embalming license (1994) from the Province of British Columbia. I received my Master's Degree (1996) from Trinity Western University, in British Columbia. I am in the process of being certified as a professional coach through Erickson College in Vancouver, BC. I am the Area General Manager of seven Funeral Homes in the Fraser Valley, which is in British Columbia. In the past 20 years, I have enjoyed tremendous success as a leader coach, restructuring specialist and entrepreneur in the funeral profession. In addition, I have managed several funeral homes, a cemetery, service Centre, flower shop and crematorium.

In October 2009, I established Growth for Goals, which provides professional coaching to organizations and to individuals. As a professional coach, I will help you to revolutionize and transform your life, business and the way you think. Why be ordinary when you can be extraordinary individual producing extraordinary results?

2:30 Wrap up and evaluations