

Christine M. Okezie, CHHC, Natural Foods Chef
Founder of Your Delicious Balance
Nutrition & Lifestyle Coaching
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Education: Cornell University B.S. (1991)
New York University, MBA (2001)

Professional Training: Natural Gourmet Institute for Health & Culinary Arts (2011)
Institute for Integrative Nutrition (2011)
Institute for the Psychology of Eating (2013)
Transformational Coaching Method Certification (2013)
Holistic Nutrition Lab (Andrea Nakayama) (2013)

Board Certification: American Association of Drugless Practitioners

Office: NJ Women's Wellness Center
50 Chestnut Ridge Rd Suite 210
Montvale, NJ 07645

Services: Nutrition and Lifestyle Coaching
Health-Supportive Cooking Lessons
Corporate Presentations / Culinary Demos

Chef Instructor: Bergen County Community College (Paramus, NJ)
Chef Central Superstore (Paramus, NJ)
Le Gourmet Factory Cooking School (Englewood NJ)
Cooktique (Tenafly, NJ)
Ramsey Adult School (Ramsey, NJ)
Village of Ridgewood (Ridgewood, NJ)

Corporate Presenter: Health Monitor (Montvale, NJ)
Boiling Springs Savings Bank (Rutherford, NJ)
Hunter Douglas (Montvale, NJ)
Benjamin Moore (Montvale, NJ)
Sony Corp. (Park Ridge, NJ)
The Valley Hospital (Ridgewood, NJ)

Community Presenter: Whole Foods Market (Ridgewood, NJ)
Paramus Rotary Club (Paramus, NJ)
Village of Ridgewood (Ridgewood, NJ)
Upper Saddle River Library (USR, NJ)
Ramsey Farmer's Market (Ramsey, NJ)
Suffern Farmer's Market (Suffern, NY)
Town of Rivervale (Rivervale, NJ)

Author: *The No Diet Cookbook – Learn to Eat for Health & Pleasure*

Article Publications: Elevated Existence Magazine
Natural Awakenings Magazine
Inner Realm Magazine

Media Coverage: The Bergen Record
Bergen Health & Life Magazine
Elevated Existence Magazine
The Paramus Post
The Town Journal

References:

Chef Jim Edwards
Culinary Director
Chef Central
240 Rt 17
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(201) 576-0100

Karina Abrahamyan
Owner, Cooktique
9 W. Railroad Ave.
Tenafly, NJ
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School of Continuing Education
Bergen Community College
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