

Sample Seminar Topics

- Nutritious & Delicious: Meals & Snacks on the Run
- Dining Out: Fast Food & Restaurants
 - Nutrition Myths
- Performance Fueling in the Workplace
 - Organic Appeal
 - Fueling Your Workout
 - Know Your Numbers
- Fire Up Your Metabolism
- Holiday Survival Guide
- Nutritional Supplement Savvy
- Putting Out the Fire: Natural Anti-Inflammatories
- Eat This, Not That
- Is Stress Sabotaging Your Fitness?
- The Skinny on Popular Diets

Don't see what you're looking for?

We can create a presentation on any nutrition topic, specially designed to meet your needs.

Did You Know ...



... adding a square of dark chocolate (labeled at least 70% cocoa) daily may help lower blood pressure.



... five ounces of wine (red or white) has approximately 100 calories, the same as a 12 ounce light beer. Moderate intake of either can reduce your risk of heart disease.



... a six-ounce filet has less calories and fat than a typical grilled chicken salad.



Nutrition & Wellness Seminars



© 2011 Ochsner Health System (ochsner.org) is a non-profit, academic, multi-specialty, healthcare delivery system dedicated to patient care, research and education.

Why Invest in Nutrition & Wellness?

Empower your team with the knowledge to make healthy lifestyle choices and provide them with the tools to incorporate these modifications almost effortlessly, and you will develop and retain a workforce that performs at their optimal capacity, misses fewer days due to illness, and feels energized – mentally as well as physically.

Research has demonstrated that for every dollar a company spends on a Corporate Wellness Program, they experience a \$3 return on their investment. In addition, other results have shown an overall drop in health care cost by 10%, a 55% reduction in medical claims cost, and higher job satisfaction and employee morale scores.

Elmwood Fitness Center's Lifestyle Nutrition Program

Our Lifestyle Nutritionists specialize in presentations ranging from one-day Lunch & Learn seminars to a series of onsite workshops, building on the theme of seamlessly incorporating nutrition and wellness into a hectic lifestyle.

With an emphasis on nutrition education and behavior change, our presentations reflect cutting-edge research blended with real-world examples and strategies to incorporate into everyday life.

We work closely with you and organization's culture to develop programs to accommodate your specific needs.

Client List

American Dietetic Association

Hawaii Dental Association

Chevron Corporation

Shell International

Entergy Corporation

Kean Miller Law Firm

Jones Walker Law Firm

Stewart Enterprises

WOW Wingery

Blessey Marine

Louisiana Superdome

Gibbs Construction

Capital One

McDonald's

Rouse's

United States

Marine Corps

Louisiana Dental Association

"Molly put a lot of energy and enthusiasm into the presentation she gave to us. She knows her material, and it shows."

Randall Richmond, Project Engineer Shell International Exploration & Production, Inc.

"Elmwood's nutrition seminars are extremely informative and easy to translate into real-life changes. The onsite presentation was well-attended, and our employees were very engaged. For a small investment, we've reaped lasting benefits."

Melissa Gibbs, Project Manager Gibbs Construction, LLC

"In today's fast paced world, health awareness is not only important — it is critical. I found Molly's presentation to be freshly eye opening, while her skills as a speaker simply inspiring."

Anthony M. Williams, Partner Kean Miller Hawthorne D'Armond McCowan & Jarman LLP

Meet Our Nutritionists

Molly Kimball, RD, CSSD



As manager of the nutrition program at Ochsner's Elmwood Fitness Center and a member of the National Speakers Association, Molly presents information-packed seminars with an engaging and entertaining style. As a weekly columnist for *The Times-Picayune* newspaper, Molly covers the latest trends in the nutrition and the fitness industry. She is also the nutrition and fitness expert for WGNO News, with a weekly segment on Good Morning New Orleans, *Get the Skinny with Molly*.

Serving as a spokesperson at various events targeting the New Orleans community, Molly has been featured in national publications including *Newsweek*, *Vogue*, *Shape*, *Runner's World*, and *The New York Times*.

Elesha Kelleher, MPH, RD



With over seven years of nutrition experience, Elesha is highly skilled in weight management, youth nutrition, eating disorders, and food allergies. In addition to conducting nutrition seminars, she also offers grocery store tours and provides menu and recipe analysis services to restaurants and food suppliers. Elesha earned her Masters of Science degree in Public Health & Nutrition from Tulane University School of Public Health and Tropical Medicine.

For more information, or to book a Nutrition Seminar, please contact Molly Kimball at 504-842-9572 or mkimball@ochsner.org.

