

SESSION E

Eat Well to Feel Well

Lauren Kennedy and Elaine McCarthy, *Peterborough Public Health*

Healthy eating looks different for everyone. Explore how eating can help you feel well, get recipe ideas and join a registered dietitian for a live Q&A.



Lauren is a Registered Dietitian with Peterborough Public Health. Since completing her Master of Science in Foods and Nutrition, she has worked in public health, primary care, and diabetes prevention and management. Her current focus is work with food systems, efforts to address food insecurity, and promotion of nutrition and food literacy throughout the region. In her spare time, Lauren enjoys making cooking experiments, swimming, and long walks on Peterborough's beautiful trails.



Elaine McCarthy is a community worker with Peterborough Public Health and is a member of the Family and Community Health Program Team. Elaine has been a cook in the industry for 20 plus years before making her way to nutrition promotion with PPH. Elaine is a food advocate and believes that every person has the right to nutritious food. Her philosophy is that with right tools and support, everyone has the ability to cook. Elaine is a parent to two teen girls who also share her passion for cooking and food. Her husband Pete can also be found in the kitchen combating food waste and promoting food literacy.