

Christine O'Rourke has a lifelong passion for health and wellness. She has a masters degree in health science in health promotion and worked in public health for the 16 years. She became a holistic nutritionist in 2004 which fuelled her joy of healthy, delicious cooking and healing illness through food. She has provided numerous individual consultations as well as workplace presentations and articles on healthy eating and cooking. She is also involved with a number of organizations advocating for better public health nutrition changes as well as supporting food security for lower income families. Christine's husband was diagnosed with pancreatic cancer in 2008 and died when she was nine months pregnant. During those first few months of intense grief with a newborn baby, she moved away from any focus on health in her own life. It wasn't until her daughter was six months old and eating solid food and Christine herself was diagnosed with a chronic illness, that she renewed her passion for nutrition. Embracing healthy eating again, finding joy from cooking from scratch and practicing yoga all helped to heal her body and nourish her soul. Now Christine is using her educational training and her experience of young widowhood while parenting to help others dealing with loss to embrace the healing benefits of food for the body and soul, and inspire them to enjoy cooking healthy food. Christine is currently developing her own cookbook and has recently completed her 500 hour yoga teacher training with Vidya Institute in Toronto, Canada. She can often be found in the kitchen with her daughter doing yoga poses while preparing a healthy dinner!

You can reach Christine at [christinemo@hotmail.com](mailto:christinemo@hotmail.com)