

Gluten-Free Flat Breads

What you need to know about Gluten-Free Baking with a Gluten-Free Flat Bread Demonstration", by Marlisa Brown Registered Dietitian, Certified Diabetes Educator and Chef, creator of www.glutenfreeeasy.com, Author of "Gluten-Free Hassle Free" and Past President of The New York State Dietetic Association. Marlisa will give you the tools you need to get started with gluten free baking as well as a demonstration of quick and easy gluten-free flat breads.



Marlisa Brown is a registered dietitian, certified diabetes educator and chef. She is also an international speaker, with over twenty five years culinary experience and she has made numerous television appearances which include 5 years "International Healthy Cooking" for The American Heart Association. It was "On Long Island", programming through the Telecare network that Marlisa wrote and appeared on every show, and is a member of the dLife TV Professional Council. Marlisa has a graduate degree in nutrition and a bachelor's degree in marketing from C.W.

Post/Long Island University and has also studied at the Culinary Institute of America.

Marlisa is president of Total Wellness Inc., a private nutrition consulting company specializing in, culinary programs, corporate wellness, diabetes, weight loss, preventive medicine, medical nutrition therapy and sports nutrition. Some of her corporate contacts include work with the NY Jets, Kennedy Space Center, Pratt and Whitney, Honeywell, Hofstra & Adelphi Universities Lilco, Guardian Life, Brookhaven National Labs, Goldman Sachs, Dean Witter Reynolds, Pall Corp, Bank of New York, Sony, Liz Claiborne, and Ethicon.

Marlisa has just completed her new book *Gluten-Free Hassle Free* and has contributed to many publications including, *Salute*, *Scholastic*, *Shape*, *Food Service Management*, *Newsday*, *Parenting Magazine*, *Weight Training for Dummies*, and *Sports Nutrition Medicine and Rehabilitation*. She has also written many programs including, Richard Simmons *Food Mover Program*, cookbooks, recipe cards and web site, Kathy Smiths' *Project You II for Diabetes*, Jorge Cruises' *The 3-Hour Diet Cookbook*, Leslie Sansones' *Walk Away the Pounds* and the Turbo cooker.

She has served as an officer on many boards, having been, past president, media representative, and public relations chair of the New York State Dietetic Association. Marlisa is a recipient of the Emerging Dietetic Leader Award from the American Dietetic Association, Dietitian of the year from The Long Island Dietetic Association, Best Of Long Island from the L.I. Press and the community service award from C.W. Post/Long Island University, and she is listed on the school's website along with other outstanding alumni.