ABOUT THE SPEAKERS:

Keynote Speaker:

JOHN LA PUMA, MD
John La Puma M.D. is a board-certified internist and a professionally trained chef. Co-founder of ChefMD® and director of CHEF Clinic®, Dr. La Puma is formerly a Clinical Associate Professor of Medicine at the University of Chicago, and is a NY Times best-selling author twice, for ChefMD’s Big Book of Culinary Medicine (Crown, 2008) and RealAge Diet (HarperCollins, 2001). He wrote the latter with Cleveland Clinic Chief Wellness Officer Michael Roizen, M.D., with whom he taught the first cooking and nutrition course in a U.S. medical school, at SUNY-Upstate. His most recent book is REFUEL® (Harmony, 2014), a simple, effective 24 day eating plan to get men healthy and boost Low T naturally. He hosts ChefMD Shorts with Dr John La Puma on PBS, broadcast nationwide. His current research focuses on improving the symptoms of aging and optimizing personal medical health with culinary and nature prescriptions. He sees patients for nutritional medical problems in Santa Barbara.

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WEBSITE: http://drjohnlapuma.com
YOUTUBE: http://youtube.com/driapuma

JENIFER SWATZENTRUBER, MS, RD, CDE,
Jenifer holds a Bachelor of Science degree in Nutrition from Pepperdine University and a Master of Science degree from California State University Northridge. She has extensive experience in developing curricula, personalized meal plans, medical nutrition therapy, maternal/child health, pediatrics and type 2 diabetes. She is a Registered Dietitian (RDN) and Certified Diabetes Educator (CDE). She resided in Central America for years providing her with a bilingual experience and fluency in Spanish. Jenifer authored Braille Institute Santa Barbara’s Low Vision Wellness Kitchen Curriculum and before that was the Director of Diabetes Education and Outreach at the William Sansum Diabetes Center for over 9 years. During her tenure she developed a comprehensive diabetes education program and educational materials in English and Spanish that have been implemented both nationally and internationally. Jenifer’s hope is to enhance the vitality and well-being of others through dietary education, support and gentle guidance.

LYNN DUBINSKY, MFA
Lynn is the Education Programs Manager at Braille Institute Santa Barbara. Her diverse background has allowed her great success and connections with each student who calls on the center for support. Following completion of her Masters of Fine Arts in Creative Writing from Boston University she became certified as a Wellness and Health Coach. She also completed a certificate program in the Fundamentals of Gerontology at USC. Additionally, she received a certificate from Cornell University in Plant Based Nutrition. She is instrumental in program development at Braille Institute Santa Barbara and appreciates all the students, volunteers and donors bring to the center.