

Ellie Krieger  
@Ellie\_Krieger



Regina Ragone  
@ReginaRagone



Melanie Young  
@mightymelanie



Bonnie Tandy Leblang  
@BonnieBOTB



## *Women and Wellness: Be Fabulous At Any Age*

Join this lively panel discussion and learn tips on taking charge of your health, nutrition and overall well-being.

**Bring questions!**

#LDNYWellness; @LesDamesNY



**Wednesday, September 11, 2013**

6:00 p.m. – 8:00 p.m.

***Panel will start promptly at 6:15 p.m.***



**Amali Restaurant**

115 East 60<sup>th</sup> Street

*(Between Park & Lexington Avenues)*

New York, New York



Post-panel reception and book signing will feature healthy hors d'oeuvres and complimentary wines, courtesy Little Black Dress Wines



***Attendance is limited to 40.***

**Event attendance: \$45 members/\$50 guests**

**Attendance plus cookbook: \$60 members/\$65 guests**

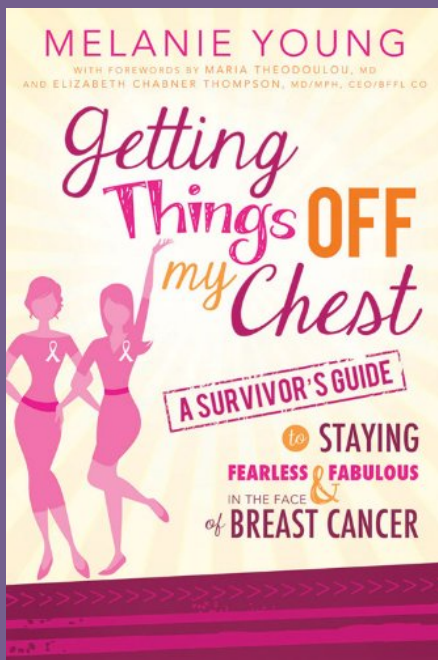
***Proceeds benefit the LDNY Scholarship program.***



Chairs: Dames Joyce Appelman and Kimberly Tryba

Special thanks: Dame Melanie Young

Media partner: *Inside F&B*



Business woman, LDNY Immediate Past President and author Melanie Young is a woman in motion, and she did not let a breast cancer diagnosis slow her down...just refocus. She used her cancer experience to retool her diet, ramp up her exercise regimen, rid her life from toxic stress and regain a sense of purpose through writing to empower other women facing the journey. Her blog Getting Things Off My Chest inspires women to face life's challenges with grit, grace and humor. [www.melanieyoung.com](http://www.melanieyoung.com)

Navigate your breast cancer journey with this all inclusive guide filled with helpful survivors' tips and expert advice from medical, nutrition and wellness professionals. Complete with checklists for streamlining your new life, this book helps you ask the right questions, make informed decisions, reduce stress, boost your spirits, eat and exercise for your health and look and feel your best during and after treatment. Don't let cancer confine or define you; keep your sense of humor; treat yourself well and ease the transition with this helpful book.



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### RSVP FORM

**Reservation cut-off: Friday, September 6, 2013**

Member ticket: \_\_\_\_\_ @ \$45.00

Member ticket & book: \_\_\_\_\_ @ \$60.00

Guest ticket: \_\_\_\_\_ @ \$50.00

Guest ticket & book: \_\_\_\_\_ @ \$65.00



#### Payment by Credit Card:

<http://www.brownpapertickets.com/event/436870>

#### Payment by Check:

Send completed RSVP form & check payable to

“Les Dames d'Escoffier New York” to:

Dame Kimberly Tryba, 303 West 80<sup>th</sup> Street, #1B,  
New York, NY 10024.

Attendance is limited to 40.

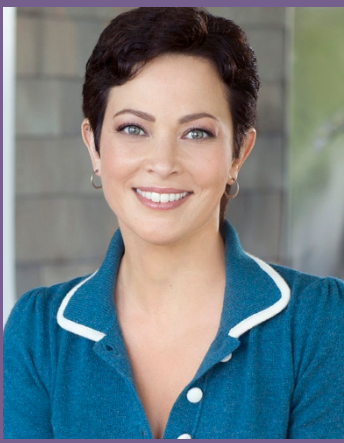
All reservations must be pre-paid and are non-refundable.



#### Questions?

Joyce Appelman (917) 679-9901 and [greatappel@aol.com](mailto:greatappel@aol.com)  
or Kimberly Tryba at (917) 538-4756 and [ktryba@msn.com](mailto:ktryba@msn.com).

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## THE PANEL

**Ellie Krieger**, R.D. and Host of Food Network's "Healthy Appetite." Author of best selling cookbooks "Small Changes Big Results," "The Food You Crave: Luscious Recipes for a Healthy Life" (winner of a James Beard Foundation Book Award and IACP Book Award). Ellie has been a weekly columnist for USA Today and USA Weekend, a contributing editor and columnist for Fine Cooking magazine and regular contributor to Food Network magazine. She has been at the forefront of First Lady Michelle Obama's "Let's Move" campaign.

**Regina Ragone**, R.D. and Food Director for Family Circle where she is responsible for all the magazine's food coverage, including development of stories, supervision of staff, approval of all recipes, photography and design and making media appearances. Regina is co-founder with Dr. Susan Mitchell of Power Surge Sisters covering women's issues from health and nutrition to menopause.

**Melanie Young**, Author, *Getting Things Off My Chest: A Survivor's Guide To Staying Fearless and Fabulous in the Face of Breast Cancer*, a new book with tips and insights to help empower women to take charge of their diagnosis and treatment, look and feel their best and manage their overall well being through diet, exercise and stress reduction.

**Moderator: Bonnie Tandy Leblang**, R.D. writes about all things culinary on BiteoftheBest.com and is a culinary talent agent. She's written about food and nutrition in her syndicated columns (one weekly, one daily), her magazine columns (*Fitness, Parents, House Beautiful, Caring Today*) her six cookbooks, and in numerous publications including *American Health, Connecticut, Family Circle, Los Angeles Times, Parade, TV Guide, Women's Day, Working Mother, Yankee*, and *The New York Times*.