


ROSE REISMAN



**HEALTH & WELLNESS EXPERT
TRUSTED BRAND SPOKESPERSON
NUTRITIONIST
SPEAKER
CATERER
AUTHOR**



Rose Reisman is an award-winning entrepreneur, caterer, author and media personality.

As a registered nutritional consultant armed with an MBA, Rose has taken her passion for healthy living and developed it into a multi-faceted enterprise making her one of Canada's leading authorities on the art of eating and living well.





From speaking, brand partnerships, content creation, recipe development and more, Rose brings her experience, knowledge, passion for food and healthy living, and warm personality to everything she does.

SPEAKING & EVENTS



Corporate Events & Conferences
Cooking Demos
Expos
Lunch & Learns
Corporate Cook-Offs
Schools

SPEAKING & EVENTS

OPEN HOUSE MEET & GREET
Healthy Holiday Cooking Presentation, Free Food + Drinks

Join Author, Radio and Television Personality
ROSE REISMAN
FOR AN ENTERTAINING AND INFORMATIVE LIVE
PRESENTATION, BOOK SIGNING & Q&A SESSION

11am | King Street East
Cooking + More
SATURDAY, NOVEMBER 19TH, 2016



FREE EVENT!
Light snacks and refreshments
RSVP: www.livingwells.com/obv1611

**Location: Dream Showroom
1 King Street East, Cobourg**

www.livingwells.com/obv1611
<http://www.livingwells.com/obv1611>
<http://www.livingwells.com/obv1611>
1 King Street East, Cobourg, ON
289-459-2120



With Rose's expertise in nutrition and cooking, as well as her entrepreneurial spirit, Rose can speak to a wide variety of topics regarding health and business, including:

The Magic Bullet for a Balanced Life

Parenting & Picky Eaters - How to Get Your Kids Eating Well - & Loving It!

The Art of Living Well: Rose Reisman's Entrepreneurial Journey

Food Fads: Breaking Down Diet Trends

Working & Wellness: The Importance of Employee Wellbeing

[Click to see Rose Reisman in action!](#)



MEDIA



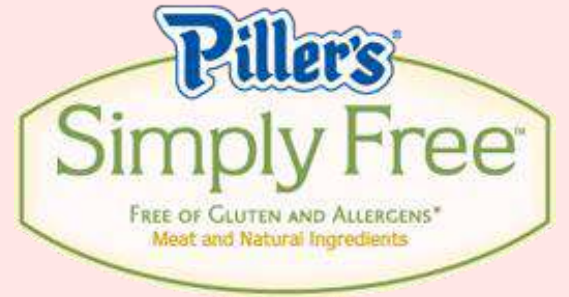


MEDIA





ENDORSEMENTS




A message from Rose

Whole grain pasta is my "go to" food when I want to prepare a delicious, nutritious and satisfying meal. I love it as a main course, side dish or a lunch time salad.

Catella® Healthy Harvest® makes a variety of the best tasting whole grain pastas which are a very high source of fiber, good source of iron and are low in sodium. They are low in saturated fat and are low in trans fat. A healthy diet low in saturated and trans fats may reduce the risk of heart disease.

I know you will enjoy and savor these four delicious and healthy pasta recipes for your family and entertaining.

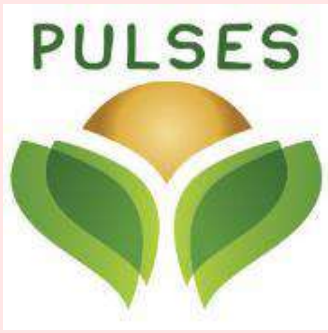
Rose! Padellaro



Enjoy the simple goodness of real food.



KitchenAid®



Everyday Protection From Everyday Acids



ENDORSEMENTS



Rose is a trusted spokesperson and brand partner. Rose has worked with many top brands to promote healthy living initiatives and products, from PC's Blue Menu, Guiding Stars, Catelli's Healthy Harvest Pasta, USA Rice, Becel, Iogo and more. As a spokesperson, Rose can handle all facets of media including:

Interviews

Lifestyle Segments

Events with Media/Influencers

Social Campaigns & Content Creation

Live Cooking Demos

Recipe Development

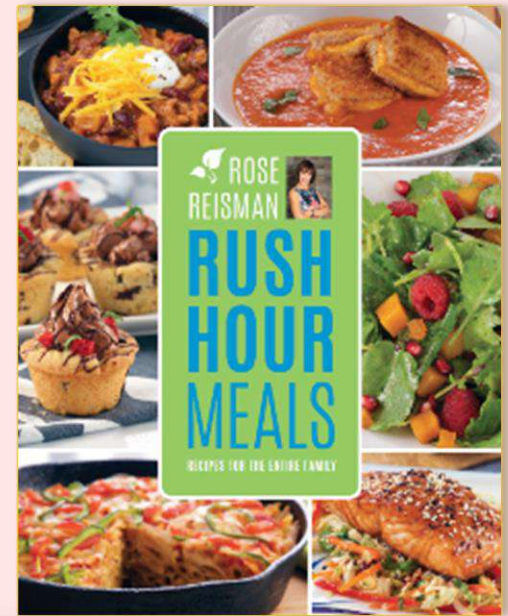
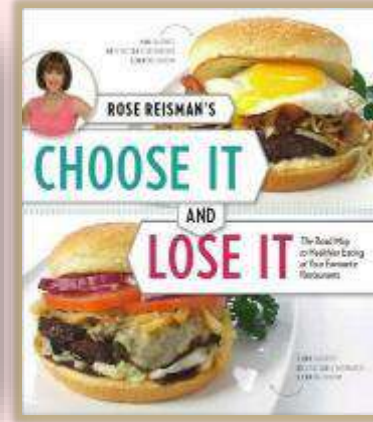
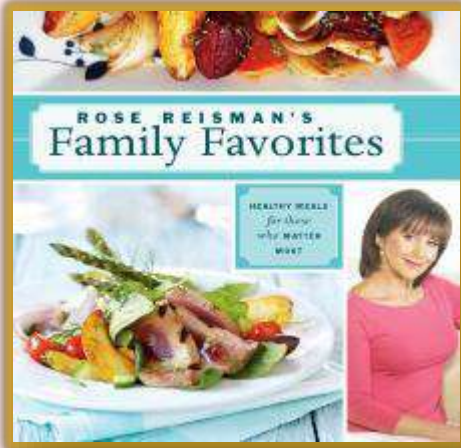
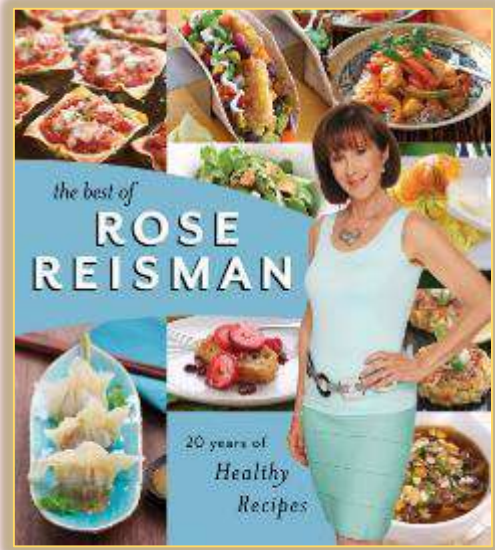
SOCIAL MEDIA & MORE



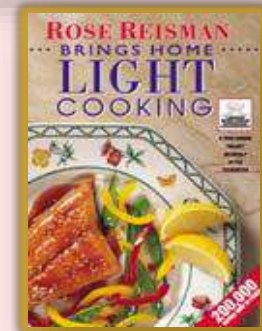
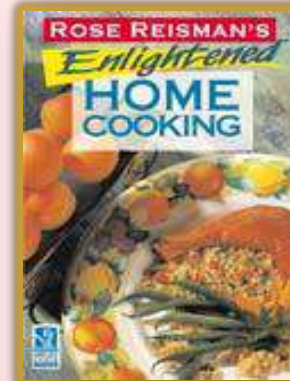
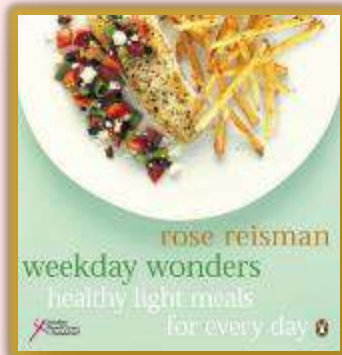
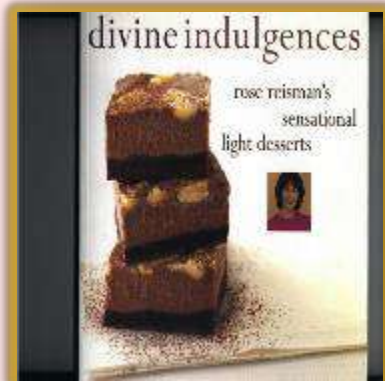
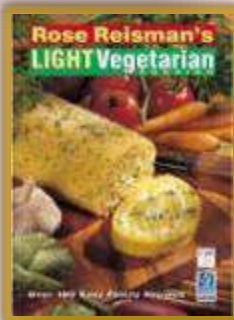
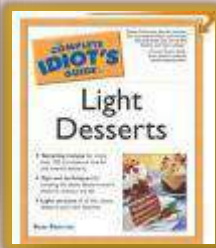
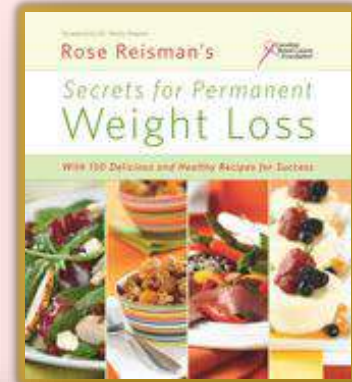
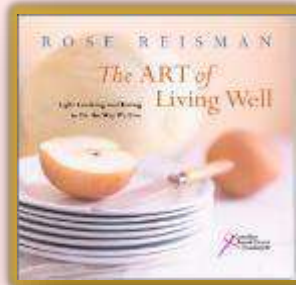
ROSEREISMAN.COM

@ROSEREISMAN





AUTHOR OF 19 COOKBOOKS



CATERING & MORE

ROSE REISMAN CATERING

THE ART OF LIVING WELL, DELIVERED TO YOU.



ROSE REISMAN'S PERSONAL GOURMET



NEW FROM ROSE REISMAN CATERING

ROSE'S FAMILY MEALS

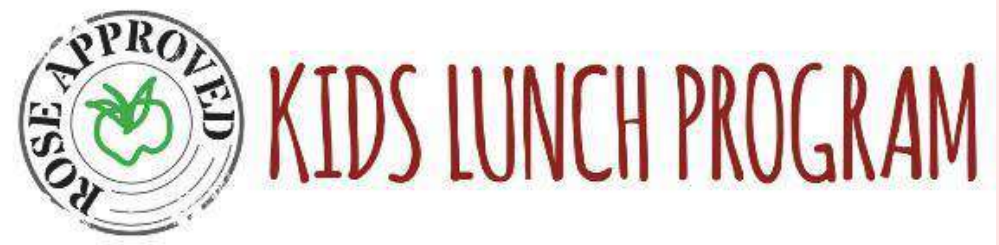
Fresh | Healthy | Delivered





The PICKLE BARREL



CATERING & MORE



RR
Rose Reisman Catering
ROSE REISMAN launches
a  Nut-free
CHILDREN'S LUNCH PROGRAM
at your school!



"Get children eating nutritious, tasty food
at an early age and I can guarantee they
will eat healthy for life" - Rose Reisman

The flyer includes two photographs: one of two young boys in a kitchen and another of a young girl smiling while eating. There are also decorative circular elements in blue and green.

CORPORATE SOCIAL RESPONSIBILITY

Rexall **One Walk**TM
TO CONQUER CANCER
PRINCESS MARGARET CANCER CENTRE



YORK
UNIVERSITÉ
UNIVERSITY



ROSE REISMAN

FOR RATES & AVAILABILITY
EMAIL
INFO@ROSEREISMAN.COM



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