

Client Testimonial

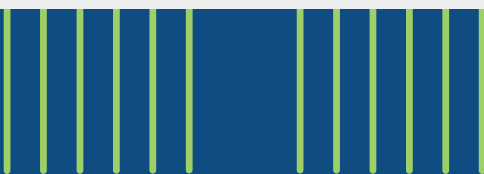


“Working alongside Holly from Food & Mood to elevate our Wellness initiative has been an absolute pleasure.

Her profound understanding and expertise in nutrition and well-being and their effects on overall mood and health have been enlightening. Our employees look forward to the remote workshops we hold and have received much positive feedback.

Presentations are not only informative but also researched and grounded in a wealth of experience, her genuine passion for nutrition and well-being radiates through her delivery making each session truly inspiring and impactful.”

HR Leader with IPC – Leena Mathai



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“I would like to offer my recommendation of Food & Mood for workplace wellness programming.

Each of the workshops focuses on a unique topic related to food and health. Taking better care of oneself can feel like a daunting task, but F&M demonstrates that positive change is within reach for anyone. Attendees are continually impressed by the breadth of knowledge presented and are always looking forward to the next class.

We look forward to a continued partnership with Food & Mood. Holly and her team are an extremely valuable part of our wellness programming and our community!”

Events Mgr, CMC - Mariela Cifuentes

