

The Chocolate Therapist™

Author and speaker Julie Pech is available for local, national and international presentations.

The Extraordinary Health Benefits of Chocolate

Most popular and easiest for large groups: 30-60 minute presentation (tailored to suit) on the health benefits of chocolate, how to read labels, how much to eat for health, specific research on how it affects the body, much more. Includes handouts and samples for each guest. \$350 for up to 200 guests, \$2 per guest over 200.



How to Pair Chocolate & Wine OR Chocolate & Tea

45-90 minute presentation (tailored to suit). Both classes start with: Two international chocolates, discussion on how chocolate is made from bean to bar. Tea class offers: 3 teas and 2 custom-crafted chocolates per tea. Wine class offers: 4 wines with 2 custom chocolates per wine. Depending on tea or wine, the presentation also includes specially crafted chocolates designed to bring out flavors in the wine or tea, discussion on teas or wines with highlights of each brand served, how to eat chocolate properly, how to select wines and teas for your own event. Each guest receives a folder including an outline of everything covered in the presentation, napkins, cups, wine glasses, plates and crackers to cleanse palate. Wine: \$25 per guest, Tea: \$20 per guest, \$400 minimum, plus travel if applicable.

International Chocolate Pairing

45 minute presentation, 5-6 international chocolates, pairing instructions, discussion on single origin chocolates, how to cleanse the palate, how to host your own chocolate party, discussion on how chocolate is made from bean to bar, discussion on how to eat chocolate properly, how to microwave chocolate, folder of handouts for each guest with all the information covered in class. \$400 minimum for up to 25 guests, \$12 per guest over 25.

Nutrition: How to Lose Weight Without Going Broke

45-90 minutes, (tailored to suit). Developed from research in Julie's newest book, "The Last Damn Diet: A Step by Step Guide to End Your War With Food Forever," this presentation covers the essentials of how to create a lifestyle that naturally results in ideal body weight. Guests will learn weight management techniques that Julie has learned from studying nutrition for 25+ years, including how to use amino acids to end food cravings and stop emotional over-eating, how to keep blood sugar stable and stop yo-yo dieting, how to develop an exercise program that suits their exact lifestyle and much more. Julie has a Nutrition Educator's Certificate from Bauman College of Holistic Nutrition & Culinary Arts. \$500 / any number of guests, includes 20 copies of "The Last Damn Diet." Special prices available for additional book orders.

Handcrafted, all-natural chocolate table gifts and quantity-discount book specials available
All presentations can be tailored, combined or changed to suit the needs of your event

Julie uniquely combines the latest scientific research on chocolate and decades of nutrition studies into events that every guest will enjoy. Her presentations are both informative and entertaining, designed so guests will have fun as well as learn how to make simple life-enhancing choices for a healthier lifestyle. Julie's lifetime commitment to health-conscious living and a passion for chocolate naturally bring these concepts together. She is a Nutrition Educator and has a degree in Psychology from the University of Colorado, Denver.

To book a speaking engagement, please contact Julie at
Julie@TheChocolateTherapist.com, 303-795-7913 or 303-489-7720.

