



Meet  
the  
Panelists

OCA Clergy-wife Zoom Retreat

# LENTEN NUTRITION

*Make it a tradition!*

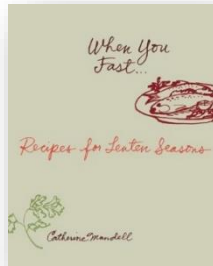
**Saturday, Feb 4th**

@

**2 PM EST**

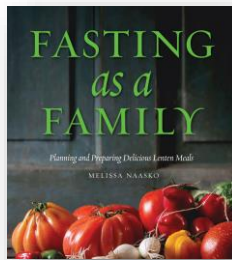
## Catherine Mandell

*A wife, mother, baker, cake decorator and B&B innkeeper. Author of "When You Fast...Recipes for Lenten Seasons".*



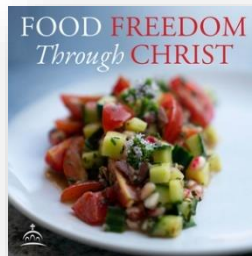
## Melissa Naasko

*Priest's wife, mother of 11, author, speaker on food, nutrition, Orthodox Christian fasting, and family issues. Author of "Fasting as a family".*



## Krista Fedorchak

*Registered dietitian and private practice business owner. She focuses on teaching non-diet, intuitive eating approaches, healthy relationships with food, and paths to sustainable lifestyle changes, rooted in the wisdom of the Orthodox Faith.*



**REGISTER  
HERE**

## Lisa Goussetis

*Priest's wife, mom, and physical therapist with over 38 years of experience. One of 55 Certified Cervical Temporomandibular Therapists in the nation, well-known for her skilled management of headache, orofacial pain, and cervical and postural disorders in her PT practice. Focused on health and strength through the lifespan.*

