

annie b kay MS, RDN, RYT500
BALANCED. HAPPY. BLESSED.

SPEAKER, AUTHOR
MENTOR, MEDIA SPOKESPERSON

WORK WITH ANNIE



Life-changing Workshops, Keynotes, Conferences & Events

Looking for a speaker who blends the latest science with timeless wisdom to entertain and inspire your audience? Annie B. Kay, MS, RDN, RYT500, is a unique and innovative voice in health and wellness today. She is Lead Nutritionist at the Kripalu Center for Yoga & Health in Stockbridge, MA and author of two books: *Yoga & Diabetes* with the American Diabetes Association (2015), and *Every Bite Is Divine* (2007). Her first book was a finalist for 3 national book awards. Annie's rare blend of scientific work in nutritional biochemistry, chronic disease and health behavior change; practical training in therapeutic yoga, the subtle body, tantra, plant spirit medicine and other wisdom modalities; and her personal passion and health story bring unusual dimension to her teachings on the art and science of health and healing.

Annie tailors topics of integrative lifestyle and nutrition, women's health, botanical wellness, and yoga on and off the mat, for high impact to any audience. Recent talks include:

- **Every Bite Is Divine: Yoga and nutrition for natural health**
- **Yoga & Diabetes: Posture and practices to help manage blood sugar**
- **Whole Life Tools: Lifestyle as a path to wholeness**
- **Plant Spirit Yoga: Connect deeply with nature for health and healing**
- **Mindfulness, Meditation and Mindful Eating: Powerful practices for lifestyle change**
- **Relax Your Way to Vibrant Health**

**"Smart and funny
and literally
saved my life!"**

— Susan B, PhD, Keene, NH

**"There are no
prescriptions I can
write with as much
potential to transform
quality of life
for anyone."**

— Mark Pettus, MD, author of
The Savvy Patient

**"Knowledgeable and
fabulous presentation
energy—great stuff!"**

— Susan T, WIC nutritionist

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**"Life-changing,
eye-opening,
hope-giving."**

— Mary C, Framingham, MA.

**"Annie, you are amazing!
I'm comforted and
inspired! What a
journey you have
taken me on."**

— Cassandra S, Hartford, CT.

**"Thank you.
Working with you
was a great, profound
experience. You opened
up a whole new world
to me and gave me
a renewed sense
of purpose. I am excited
for the future."**

— Erica B, Atlanta, yoga &
dietetic intern

Selected Appearances

CDC Chronic Disease Prevention Conference. Washington, D.C.
American Dietetic Association Annual Meeting & Exhibition. Boston
International Society for Nutrition Education Conference. Montreal, QB.
CDC National Conference on Health Education and Promotion. Atlanta, GA.
Kripalu Center for Yoga & Health. Healthy Living Programs. Stockbridge, MA.
Kripalu Yoga Teachers' Conference. Stockbridge, MA.
Academy of Nutrition and Dietetics, Food and Nutrition Conference and Exhibition. Philadelphia, PA.
The Healthy Communities 2000 Project. Plymouth, MA.
MDPH Elder Fitness Conference. Boston, MA.
National Head Start Association, 24th Annual Training Conference. Boston, MA.
National Youth Leadership Forum on Medicine. Boston, MA.
Nutrition for the MD. University of Massachusetts at Worcester Medical School. Worcester, MA.
The Oley Foundation Annual Patient Conference. Boston, MA and Memphis, TN.
WIC New York State Regional Conference. Lake Placid, NY.
VA Dietetic Association, Reston, VA.
ME Dental Association, Portland, ME.
PBS, CNN, NPR and other national media

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