WELLNESS JOURNEY – HEALTHIER TOGETHER

Fostering Community:
Gather and Grill for your Health

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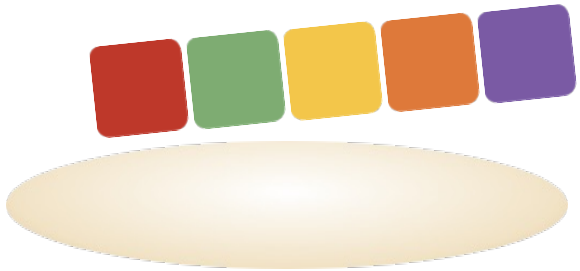

June 2026 · Wellness Event
Sponsored by AssetMark's Pride+ ERG

Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes

Corporate events

Individual consulting

Virtual & In-Person

1. **BUY** seasonal, local, organic and GMO free when possible
2. **COOK** using healthy cooking techniques
3. **EAT** a variety of whole foods + herbs and spices
4. **SHARE** and enjoy meals with friends and family
5. **AWARENESS** of allergies and sensitivities

kitchen on fire cooking school

OCEAN VIEW NUTRITION

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We aim to be Healthier Together – growing our wellness toolkit with traditional foods, healthy habits, and goal setting.

Continuing our 2026 Wellness Journey

Wellness Journey – Healthier Together

Boost your Health with a **Summer Social Gathering**

This month's focus:

- Embrace the benefits of shared meals
- Grow your supportive community
- Improve long-term wellness while having fun
- Build your confidence on the grill
- SMART Goals to prioritize communal meals



Grilling with Chef Olive!
Kefta and Vegetarian Kebobs

*Did someone mention a **Raffle Prize**?*
Stay until the end for a chance to win!

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PRIDE+ ERG: Learning about our sponsor

Power in Unity:

Strengthening

Communities

Together.

PRIDE+

- June has been widely proclaimed as a time to recognize and celebrate the LGBTQ+ community
- Activities are officially underway, featuring celebrations, parades, and community events across the country



- ERG's Mission: To be a safe community where AssetMark's LGBTQIA+ folks and allies can find support, learn from each other, and create meaningful professional connections.

Interested in joining the Pride+ ERG or another Belonging Group? Diversity@AssetMark.com

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News from your Pride+ ERG

It’s time to fire up the grill to celebrate with your favorite people! We found a few festive recipe ideas that are sure to be crowd-pleasers:

Rainbow Fruit Skewers – A fresh, vibrant treat that’s as fun to make as it is to eat.

Pride Burger – This colorful twist on a cookout classic: ripe red tomatoes, cheddar cheese for orange, grilled summer squash for that splash of yellow, tender green leaf lettuce, and purple onion.

6-Foot Nachos - This vege-, vegan-, and allergen-friendly recipe is gorgeous. As a bonus, its serving space usually ends up being a conversation hub for guests constructing their perfect bites.

Unicorn Bars – For a magical, sweet ending to a Pride celebration, these are happiness in bar form.

Please contact Rachel.Wolf@assetmark.com for the recipes above or share one of your favorites with her to share with the team!

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5 Grilling Tips
to show you

Grilling can be genuinely good for you.

Fire, Smoke & Smart Choices

With the right technique and the right ingredients — indoors or out — the grill becomes one of the simplest tools for eating well all summer long.

Healthy technique

Medium heat, marinate first, flip only at the right moment*, and let veggies share the grates. Less char, more flavor.

Smart ingredients

Organic or best quality proteins, colorful produce, herbs, citrus, and whole-grain sides do the heavy lifting.

Indoor or outdoor

Stovetop pans, electric grills, or the backyard charcoal — same techniques, year-round.

**Chef Olive we teach you the right timing to flip or move the proteins and vegetables*

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Food brings people together.

Community & Connection

Why connection matters

Stronger physical health
Connected people tend to sleep better, move more, and recover faster.

Resilient mental health
Shared meals reduce stress, lift mood, and quietly fight loneliness.

A stronger community
Each gathering plants the roots of trust, support, and belonging.

The grill is one of the oldest ways we've ever gathered.

Sharing food cooked over fire is a ritual in nearly every culture — and it's still one of the easiest ways to build belonging where you live and work.

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Everyone at the table.

Celebrating Pride Month

This Pride Month, we celebrate the people who make our community whole — and the simple, joyful act of sharing food and stories across the grill.

Proudly Sponsored By

AssetMark's *Pride+ ERG*

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What Pride+ Stands For

Belonging
Every employee, every identity, fully welcomed.

Visibility
Lifting up LGBTQ+ voices and allies year-round.

Wellbeing
Investing in healthier lives across our whole team.

Community
Gathering, celebrating, and supporting one another.

Thank you for making today possible.

Raffle Prize



- Spice Rack Co. BBQ Seasonings And Rubs
- 35PCS Griddle Accessories Kit, Flat Top Grill Accessories





Set SMART Goals

Invest in yourself from the inside out!

Examples of Goals:

- Try one new **colorful recipe** a month at home
- Enjoy a new outing or **community activity** to celebrate and share a meal together each month



Specific
Measurable
take **A**ction
be **R**ealistic
Time-oriented

Take 5 minutes today to create 2 goals; add it to your calendar as a recurring monthly reminder on the 1st of the month!

Do you have an idea to share?

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About Us

- Kitchen on Fire Cooking School
  - For the Home Chef in Berkeley since 2005
  - Owned by Chef Olivier Said (founder) & Lisa Miller
  - Hands-on Cooking Classes & Events (In-Person/Virtual)
  - Nutrition Education, Corp Wellness, 1 on 1 Consulting
  - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
  - Owner & Nutrition Consultant, certified
  - Consultations, Classes & Presentations
  - lisa@oceanviewnutrition.com

Link to today's presentation, demo info and more https://www.kitchenonfire.com/assetmark-healthier-together/