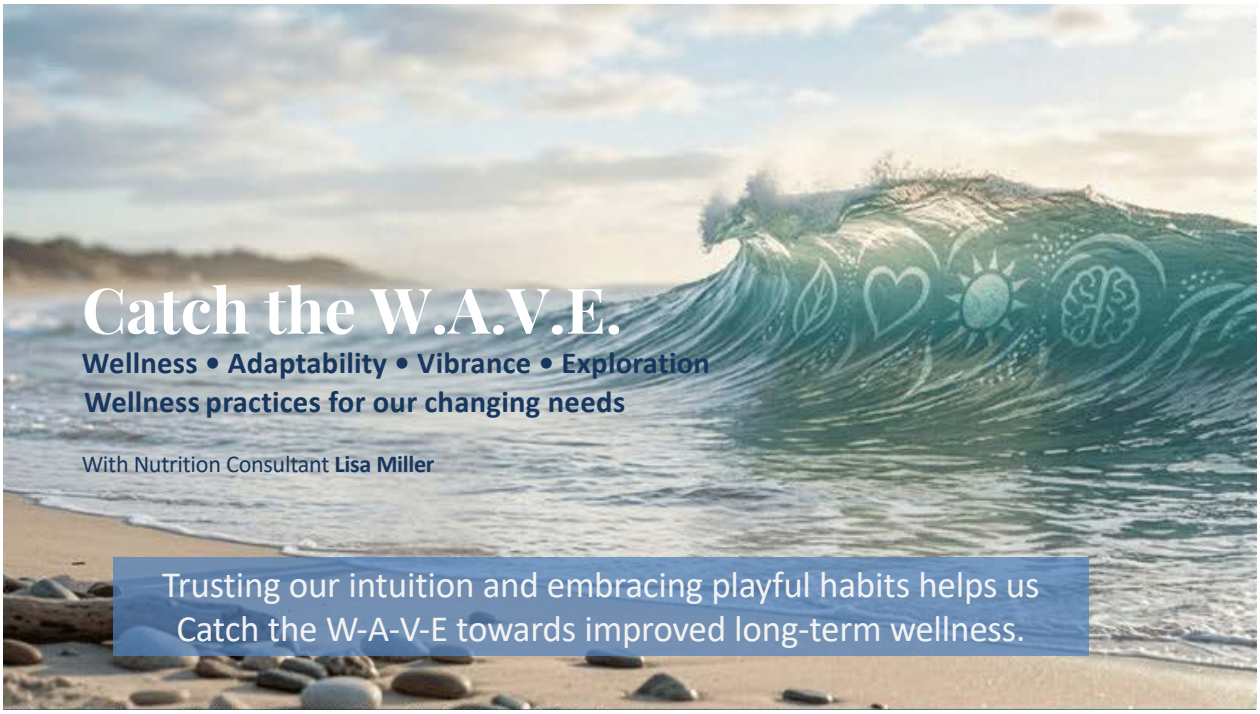

Wellness • Adaptability • Vibrance • Exploration

We're excited to help kick off your 2026 Open Enrollment!

The WAVE moves us forward on our personal discovery of fluid wellness practices that complement our lifestyle and adapt with changing needs.

W-A-V-E

- Nutrition Consultant Lisa Miller will teach us how trusting our intuition and embracing playful habits can help us Catch the W-A-V-E towards improved long-term wellness!
- Chris DiMeglio at Journey Live will lead a grounding body scan that invites participants to notice how they're feeling, tune into what their body needs, and approach those needs with curiosity and kindness.

© 2025 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

Good nutrition and lifestyle choices can help us on our path to long-term health and happiness

Catch the WAVE

Wellness Journey – Catch the WAVE

Wellness practices for our changing needs

Today's focus:

- Create a **WELLNESS** plan that meets your goals
- Welcome the **ADAPTATION** of goals as we grow
- Bring **VIBRANCE** into daily life
- Open your mind to continuous **EXPLORATION**
- Set and achieve **SMART** goals to Catch the WAVE

Trust your intuition.
Embrace playful habits.
Welcome changing needs.

© 2026 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

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

Public cooking classes
Corporate events
Individual consulting
Virtual & In-Person

Kitchen on Fire & Ocean View Nutrition

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

© 2026 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

PILLAR 01

Create a WELLNESS Plan That Meets Your Goals

Intuitive Nutrition:
Aligning food choices with body wisdom.

Personalized Targets:
Customizing habits to your unique lifestyle.

Sustainable Foundations:
Long-term health without rigid rules.



© 2026 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

PILLAR 02

Welcome the ADAPTATION of Goals as We Grow



Fluid Pivots:
Adjusting routines as life requirements shift.

Embrace Growth:
Celebrating life stages and changing needs.

Flexible Mindset:
Replacing rigid guilt with responsive self-care.

© 2026 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

PILLAR 03

Bring VIBRANCE Into Daily Life

Playful Movement:
Finding joy in active daily motion.

Energizing Energy:
Nourishing body and mind for vital output.

Natural Flow:
Cultivating positivity and presence every day.



© 2026 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

PILLAR 04

Open Your Mind to Continuous EXPLORATION



Open Discovery:
Trying new wellness practices without pressure.

Community Connection:
Sharing healthy practices with others.

Lifelong Curiosity:
Unlocking new paths to personal thriving.

© 2026 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

A gift for everyone to help meet your wellness goals!



+ Raffle Prizes!

You are entered into a RAFFLE by attending this session!

Stop by your health fair or common area in your office

Another gift for you from your wellness committee…

Complimentary 1:1 nutrition sessions with nutrition consultant, Lisa M. Miller, BS NC.

Lisa can provide guidance on a variety of nutrition and lifestyle topics to help you maximize your well-being. Your 40-minute confidential nutrition and wellness consultation

Sign up on your intranet platform

- November 10th & 12th
- December 8th

A gift for everyone to help meet your wellness goals!



+ Raffle Prizes!

You are entered into a RAFFLE by attending this session!

Stop by your health fair or common area in your office

Set and Achieve SMART goals!

Set one small, realistic intention for your well-being.

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

Set one to two goals today:

- A goal related to nutrition
- A goal related to movement



See you on December 4th for a Virtual Happy Hour to celebrate your holiday season!

© 2025 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

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://kitchenonfire.com/catch-the-wave-2027/