



**Tai Sophia  
Institute**

**For Immediate Release**

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## **Live Nourished Conference at Tai Sophia Institute Features National Nutrition Thought Leaders Event Will Kick Off Design of New Graduate Nutrition Degree**

**October 15, 2010 (Laurel, MD)** – Tai Sophia Institute will host *Live Nourished: The Vital Roles of Food in Health and Wellness* on **Saturday, November 6** from 9:30 a.m. – 3:30 p.m. The conference will feature five of the nation's top thought leaders on holistic and whole foods nutrition: Annemarie Colbin, Ph.D. (keynote speaker), Charles Eisenstein, Sally Fallon Morell, Paul Pitchford, and Kathie Swift.

“The Live Nourished nutrition conference kicks off the curriculum design for Tai Sophia’s upcoming graduate degree in holistic nutrition,” said Judi Broida, Ph.D., Tai Sophia Institute Provost and Executive Vice President for Academic Affairs. “Like the conference, this cutting-edge graduate nutrition program will focus on the vital and interrelated – yet all-too-often unacknowledged and undervalued – physical, medicinal, therapeutic, spiritual, emotional, and social qualities of food.” The new program is scheduled to begin in fall 2011 pending approval by the Maryland Higher Education Commission.

**WHAT:** *Live Nourished: The Vital Roles of Food in Health and Wellness*  
An audience-interactive panel discussion will follow the speaker presentations.  
View [speaker information](#) and [complete conference agenda](#).

**WHEN:** Saturday, November 6 from 9:30 a.m. – 3:30 p.m.

**WHERE:** Tai Sophia Institute, 7750 Montpelier Road, Laurel, MD 20723

**HOW:** [Register online](#) or call 410-888-9048 x6611.

**FEE:** \$225 (Registration fee includes a locally sourced, organic luncheon.)

**NOTE TO MEDIA:** A limited number of complementary seats have been reserved for journalists. Please contact [Kimberly Bronow](#) to request a seat.

Founded in 1974, [Tai Sophia Institute](#), is a nonprofit, accredited educational institution for wellness-  
(more)



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**Live Nourished Nutrition Conference at Tai Sophia  
Page Two of Two**

based studies. The Institute offers master's degree and graduate certificate programs in Acupuncture, Health and Wellness Coaching, Herbal Medicine, and Transformative Leadership and Social Change, and is accredited by the Middle States Commission on Higher Education. A pioneer in the art and science of healing, health, and wellness, Tai Sophia's programs honor the mind-body-spirit interconnection and are grounded in global wisdom traditions, contemporary knowledge and best practices, and the timeless wisdom of nature. Tai Sophia's 12-acre main campus houses the Natural Care Center clinic, the Meeting Point bookstore, a library, an art gallery, and herb and meditation gardens – all of which are open to the public.

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