



Chiara Kae (PhD, RDN)
is a Registered Dietitian
Nutritionist, specializing in
integrative and functional
nutrition. She offers science-
based, nutrition solutions to
chronic digestive, weight/
eating problems.

Chiara clearly presents the
science behind the nutrition
and lifestyle plans she co-
creates with clients. Using a
food as medicine approach,
Chiara provides motivational
coaching, nutrition education
and practical tools that
empower clients to accomplish
their nutrition/wellness goals.

Questions? Call Chiara
(707) 861-0361.



Wednesdays, February 13, 20 & 27, 12–1 pm

Join Chiara Maria Kae, PhD RDN for this free
weekly, drop-in-as-able women's support group
to learn and apply mindful eating practices.

Sessions serve those who struggle with
confusion/guilt about food choices, with
preoccupation with body- or food-related
thoughts or with chronic, unsuccessful dieting.

Learn how to restore a positive, peaceful
relationship with the entire nourishment process,
coming home to your body, mind and spirit.

Journey  Center
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Everyone Welcome

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