

Nutrition for Healthier Businesses: Chef LaLa visits Stockton

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Stockton, CA — “You can choose to throw in the towel or clean the sweat off your head and work harder,” said Chef LaLa as she encouraged the attendees of the San Joaquin County Hispanic Chamber of Commerce’s 11th annual Latina Business Conference on March 22nd at the Stockton Hilton Hotel.

“The purpose of the conference is to empower our Latina and women business owners and professionals,” said Mark Martinez, CEO at San Joaquin County Hispanic Chamber of Commerce, as he explained that their goal is “to educate them through workshops and information that will help them make improvements in their business as well as in their professional careers,”

Accomplished chef, cookbook author and certified nutritionist, Chef LaLa was the keynote speaker at the conference. She has been featured on shows like NBC Today, Univision and CNN.

“I [have] been trying to bring her for two years, but what really triggered things is that I wanted to focus this year on health and wellness in the workplace,” said Martinez, “something that would enhance health and wellness and on how to balance career, family and health.”

During her presentation —with a Chef LaLa sense of humor— she showed the audience how to prepare five different healthy meals, including green enchiladas, Chinese food and salads: all in less than ten minutes.

When it comes to cooking “one of the most important things you have is your traditions; make sure you keep your traditions alive,” says Chef LaLa.

In addition to recommendations and some cooking secrets, Chef LaLa also encouraged the audience to “be the best version of you.” As she concluded her presentation she also encouraged everyone to, “think about what you have that makes you beautiful: that makes you strong.”

Workshops on how to maintain a healthy life style such as: Re-Think Your Fitness, Making Insurance Work for You Today, and Time Management for Everyday Health, were available for participants as part of the program.

For business, the community and at home, “There is nothing better than a happy woman,” noted Chef LaLa.