



Joy Bauer is one of the nation's leading health authorities. She is the host of NBC's new show, *Health + Happiness*, and the nutrition and health expert for the TODAY Show. She's also the founder of Nourish Snacks®, a monthly columnist for *Woman's Day* magazine, and the official nutritionist for the New York City Ballet. Joy is the creator of JoyBauer.com and the author of 12 best-selling books. Her latest book, *Joy's Simple Food Remedies*, explores the healing power of food and features natural, holistic remedies for the most common everyday ailments—including bloating, headaches, anxiety and stress, low energy, brain fog, and high cholesterol.

In the earlier part of her career, Joy was the Director of Nutrition and Fitness for the Department of Pediatric Cardiology at Mount Sinai Medical Center in New York City, as well as the clinical dietitian for their neurosurgical team. One of Joy's most rewarding experiences was creating and implementing "Heart Smart Kids," a health program for underprivileged children living in Harlem. Prior to making the jump to media, she taught Anatomy & Physiology and Sports Nutrition at NYU's School of Continuing Education, as she worked to build what would soon become the largest private nutrition center in the country.

Passionate about delivering scientifically sound, realistic information to millions of Americans, Joy has received countless awards including the National Media Excellence Award from two of the most esteemed organizations, the Academy of Nutrition and Dietetics and the American Society of Nutrition Science.

When she's not dishing out health info or sharing delicious recipes on TV, you'll find Joy making a mess in her kitchen or spending quality time at home with her husband...

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Speech Topics

Personal Growth
Motivation

