



# CAPITOL CITY SPEAKERS BUREAU

*We help you thrill your audience!*

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## **David Mainz, MS, RD, FADA**

*Travels from:* Florida

*Fee Range:* \$5,001 - \$7,500

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National speaker and nutritionist David Mainz presents FUN programs on personal health improvement and longevity. Exciting information on how to add years to your life and life to your years! You'll laugh while you learn from "America's Personal Health Humorist!"

David L. Mainz, MS, RD, FADA, CSP specializes in consultations and workshops that enable people to improve their health. He presents information from his book *Survival of the Fittest* internationally to businesses and associations.

Meinz has been a consultant and professional speaker since 1991. He has taught at Norfolk State University and Hampton University, worked in human nutrition research through the University of Missouri, practiced hospital clinical dietetics and was director of a hospital health promotion program.

David has a Master's Degree (MS) in human nutrition from the University of Missouri, and he's a Registered Dietitian (RD) and Fellow in the American Dietetic Association (FADA). He's also received the Certified Speaking Professional (CSP) designation from the National Speakers Association. But he's not just what he knows. David presents his insights with a real zest for life!

David is great with a crowd, interactive and energetic. His fresh message comes across with unexpected humor, making his insights memorable and easy to grasp and apply. His years of experience and depth of knowledge are balanced with his enjoyable and fun presentation style. David can easily tailor his message to match your audience and program.

### *Most Requested Programs...*

- Energize Your Life!
- Executive Health
- How to Have 100 Birthdays
- Today's Healthy Woman

