

# Yaffi Lvova, RDN

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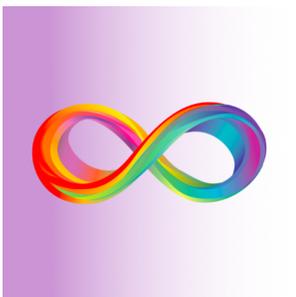
📍 Chandler Arizona



## **Chewing the Fat: Inclusivity in the Clinic or Community Nutrition Space**

As a healthcare community, we are acutely aware of the need for increased inclusion and compassion in the clinical and community settings. How can we as professionals balance accepted medical language and approaches to best meet the needs of our patients and clients, regardless of size? Let's chat about how we can best increase the quality of care and compassion for all in our care.

This talk will prepare the participant to provide excellent medical care while attending to the client's emotional needs for a fully holistic experience.



## **Neurodiversity in the Clinic: Identifying, Approaching, and Honoring Diverse Neurovariance**

Neurodiversity is the idea that there are different and valuable ways to perceive the world. This seems simple, but in a world catering to the needs of the neurotypical individual, the neurodivergent person is often left confused and feeling misunderstood.

This talk focuses on understanding what a neurotypical world is; providing a springboard from which we can create space for those more diverse. This means addressing sensory perception and navigating alternative perceptions of food and the food environment. This also means knowing how to identify red flags and when (and where) to refer out.



## **Cooking with Kids: A Therapeutic Pop-Up Adventure**

Adventure is the key when cooking with kids. Adventure sparks curiosity. Curiosity leads to exploration. Exploration leads back to adventure. How can you use this idea to help kids feel more confident around food?

In this talk, Yaffi addresses therapeutic cooking methods with kids that can be used to help overcome health hurdles in a gentle and creative way. Learn how to address picky eating tendencies, food fears, and general food-related anxiety. We will discuss how to involve parents and caretakers, and even how to use the family's own culture and values to promote happy eating.

# Professional Series