



Chef Wendell Fowler

Chef Wendell Fowler is a published author, motivational speaker, columnist, media personality and culinary expert. In his books and appearances, Wendell shares his inspiring story of a near death experience and miraculous healing (including a 100 lb. weight loss) through his use of food as medicine.

Chef Fowler demonstrates healthy lifestyle choices, educates about smart bomb advertising and helps you develop nutritional savvy. His twelve-year experience with the NBA allows him to entertain his audiences with behind-the-scene stories about our favorite teams and players.

While an engaging and humorous speaker, Wendell takes his mission quite seriously. Chef Fowler dispenses his unique message of hope through humor, topical nutritional data and undisputedly good food! His newest book delivers healthy and delicious recipes, inspirational stories and the belief that we can all choose a healthier lifestyle!

ENTERTAINING ** INFORMATIVE ** A DELICIOUS TREAT FOR YOUR AUDIENCE!

Wendell Fowler is:

Author of: *The Dawning of the Age of Asparagus - Give Peas a Chance!* AND *Eat Right, Now!*

Director, Culinary Healing Arts, Health Synergies & The Center for Integration & Holistic

Health Care, Indianapolis

Host: *Eat Right, Now!* Cooking segments, "Daybreak", WISH TV Channel 8

Syndicated Columnist *Eat Right, Now!* and *Preventive Measures*

Proprietor, Fowler's Catering

Former Caterer for the National Basketball Association, Indianapolis

Awards:

2005 Gold & Silver Medals, No. America Mature Publishers Assn, *Indianapolis Prime Times* column

2004 Bronze Medal, The National Mature Media: *Indianapolis Prime Times* column

2002 Silver Medal, Magazine/Newspaper Article Series, NAMPA *Indianapolis Prime Times* column

2002 Merit Award, National Media Awards, *Indianapolis Prime Times* column

2001 Gold Medal, NAMPA *Indianapolis Prime Times* column

2001 Silver Medal NAMPA, *Indianapolis Prime Times* column

1993 and 1992 Bronze Medals, The American Culinary Association Invitational Competition, Indianapolis