

Meet Rita...instructor of the Moon Gardens Wellness Workshops



Currently and throughout the past 17 years Rita Madden MPH, RDN has felt very blessed to work in the area of everyday health and wellness. This led her to author the book and currently host the podcast: *Food Faith and Fasting*. She conducts wellness workshops on a nation-wide level.

Her soul is attached to serving the people of Hawaii and as a result she was thankful to be a part of developing the New Keiki program; a program that worked with families to help sustain lifestyle changes to bring nutritional conditions of children and adults into management. As the Nutrition Director for Mediterranean Wellness she focuses on sensible weight loss/management and chronic disease prevention/management for companies nation-wide.

Rita has felt very blessed to help many people bring chronic diseases into management, reduce the use of medication and aid in healthy and sustainable weight loss. Rita is passionate about this subject matter and is devoted to helping people form a healthy relationship with food and health.