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Media Alert

FOR IMMEDIATE RELEASE
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National nutritionist, Chris Johnson speaks on health and wellness at Peckham, Inc.

WHAT: Peckham Inc., will host two speaking sessions featuring, national nutrition expert Chris Johnson, as part of its organizational commitment to increasing education and awareness about healthy lifestyles.

WHEN: Thursday, Dec. 17, 2009 from 10:30 to 11:30 a.m.
Thursday, Dec. 17, 2009 from 2:30 to 3:30 p.m.
Johnson will be available for brief media interviews from:

- 10:00-10:20 a.m.
- 1:30-2:20 p.m.

WHERE: Both sessions will be held at Peckham, Inc., 3510 Capital City Blvd., Lansing, MI 48906.

Johnson, an engaging, down-to-earth speaker, distills nutritional and exercise science into easily understood terms by demystifying scientific and advertising jargon.

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Humor mixed with practical information about the importance of On Target Living keeps the audience absorbed and asking questions throughout the presentation. Johnson, has more than 20 years of experience in the health and fitness industry, offering hands-on practical guidance to thousands of individuals and clients. He is the Personal Training Director for three hospital-based fitness facilities in Michigan and serves as an adjunct professor at Michigan State University's College of Osteopathic Medicine and Education.

“Peckham is pleased to present this speaker as part of our ongoing speaker series,” said Mitchell Tomlinson, President and CEO. “Chris offers a practical and realistic approach to living a healthier life, which ties directly into Peckham’s goal of empowering persons with disabilities to take greater ownership of their health and wellness.”

Peckham Inc. is a nonprofit community rehabilitation organization that values quality, diversity and performance. Our mission is to provide a wide range of opportunities to maximize human potential for persons striving for independence and self-sufficiency. We embrace collaboration, effective resource management and innovative approaches to achieve world-class excellence.

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