Re: Request to Attend the CIA-Harvard Healthy Kitchens, Healthy Lives Conference

Dear <>:

I’m writing to request approval to attend The Culinary Institute of America-Harvard T.H. Chan School of Public Health Department of Nutrition’s [Healthy Kitchens, Healthy Lives conference](http://www.healthykitchens.org), February 5-7, 2025, at The CIA at Copia, in Napa, CA. Now in its 18th year, this unique CME conference convenes medical and public health experts together with chefs and culinary professionals under one roof to transform attendees into advocates and role models for healthy food and lifestyle choices.

The pandemic shone an irrefutable light on something that our profession has long known—the myriad implications poor diet has on public health. Through plenary lectures, culinary demonstrations, hands-on kitchen sessions, interactive workshops, meals, and tastings, I will learn:

* state of the science updates pertaining to optimal diets and public health implications of inaction;
* culinary trends, and how to leverage consumer interest in world flavors such as the plant-forward, health-promoting cuisines of Asia, Latin America, and the Mediterranean;
* how to appropriately advise patients and clients based on the research associated with various popular diets, as well as approaches to healthy diets that can be affordable for lower income individuals and budget-challenged families;
* cooking techniques and kitchen skills for a variety of healthy food options, along with hundreds of recipes that can be immediately shared with patients and colleagues alike upon my return.

I’ll also earn continuing education credits while having unparalleled opportunities to network with executives from hospitals, educational and community organizations, senior living operations, and more to exchange ideas and strategies for making health-promoting, nutrient-rich, and delicious menu items appeal to our patients and clients.

And by registering now, I can take advantage of special pricing that will save our organization <<insert amount>> off the general registration rate.

Upon my return, I look forward to sharing the key takeaways and conference resources and materials with members of the team and helping to drive better health outcomes in our community. For additional information on the conference, visit [www.healthykitchens.org](http://www.healthykitchens.org).

Thank you for your consideration.

Sincerely,