

PTSC Wellness Cooking Coach

Physical Therapy Specialists Clinic's Wellness & Prevention program is proud to announce the addition of Cooking Coach Beth Thompson.

"Our Wellness programs have really taken off, from the business groups like the City of West Plains and R-7 School to our Individual participants, the people of Howell and Wright Counties realize the importance of personal wellness," said Director Mary Sheid. Sheid says the addition of a Cooking Coach with the skills, experience and passion of Beth Thompson, adds to the effectiveness and appeal of wellness and PTSC's Wellness & Prevention programs.

"This really rounds out the program," says Sheid, "we have medically licensed, professional Wellness Coaches to help with fitness goals, our Medical Director offers insight into health risks, concerns and education and works with personal physicians, and now our Cooking Coach Beth can help people better equip themselves and their kitchens to cook well, eat well and live well."

Thompson was raised in Mtn. View and started cooking professionally while attending college at the University of Missouri at Columbia where she majored in Hotel and Restaurant Management. She worked in catering for the HRM department as lead chef for Missouri wine competitions, including her favorite-the Jefferson Cup. Thompson participated in campus events and student program events. She also trained in the kitchens at the Columbia Country Club and The University Club.

Later, Thompson moved to Denver, Colorado and worked as Event and Restaurant manager at the Green Gables Country Club. She served as the Pastry Chef for The American Pavilion at the 2006 Cannes film festival, then went to work at the Hyatt Regency Hotel and Convention Center as the lead pastry cook for the culinary department.

"I loved every minute of it," says Thompson, "cooking is one of my great passions!" While in Denver, she also volunteered for The Ronald McDonald House cooking dinners and serving on the Event Committee. Thompson recently moved back home to the Ozarks to work on the family dairy farm.

"I'm excited to be cooking again and to be a part of the Wellness program with PTSC," said Thompson, "my goal is, I want to help teach healthy eating habits for you and your family. "

For more information, please contact PTSC in West Plains or Mtn Grove, 1-800-695-5899, www.ptsconline.com or email wellness@ptsconline.com.