

# OLENA Danko

M.S. Master of Science  
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Intuitive Eating Guide & Culinary Wiz  
for moms

## MISSION

To educate and empower moms to ditch the diet and find freedom with food so you can pursue your passion.

## SERVICES

- SIGNATURE 1:1 PROGRAM (3 months)
- 90 MINUTE INTENSIVES (Individual)
- DITCH THE DIET PROGRAM (Coming Soon)

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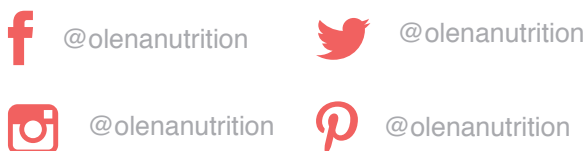
“Working with Olena helped me open my eyes to the joy’s of food again. Before working with her food felt frustrating and hard. She helped me remember how to make food fun and connect with my cultural roots. Today, my mindset around food, making meals, and eating are a positive fun experience that I am grateful to have again.” - Jackie McDonald, Certified EFT Practitioner, Speaker

## AS SEEN IN



## BIO

As an Intuitive Eating Guide, I am here to help YOU discover what it means to enjoy food, make eating a stress-free and pleasurable part of your life, so you can focus more of your energy on your true passions. - **OLENA**



## Available For....

- Speaking
- Workshops
- Interviews
- Panels