

# LORIE EBER

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Website: LorieEberWellnessCoaching.com

## PROFESSIONAL EXPERIENCE

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2013-Present

### **Lorie Eber Wellness and Nutrition Coaching**

- Assists clients with weight loss and exercise goals
- Teaches skills needed to live a healthy lifestyle
- Provides accountability as clients change their health behaviors
- Provides one-on-one and online coaching

2011-Present

### **Lorie Eber, JD, Gerontologist, Certified Personal Trainer**

#### ***Keynote Speaker/Author/Educator /Boomer Blogger***

- Specializing in Healthy Aging and Elder Care Issues
- Author: “How to Ditch Your Fat Clothes for Good”
- Author: “40 Ways to Leave Your Lover: That Would Be Junk Food”
- Author: “How to Stay Healthy in a World Designed to Make Us Fat and Lazy”
- Author: “Boomers: Aging Beats the Alternative and a Sense of Humor Helps”

2016-2018

### **Lifetime Daily Website Writer**

- Writer for website on healthy aging through healthy living
- Writes articles about health benefits of foods and spices
- Focuses on foods with high nutritional value
- Emphasizes reputable scientific research to support health claims

- Writes specialty articles on related healthy food and aging topics

**2006-Present**

**Coastline Community College**  
***Instructor of Gerontology and Health***

- Instruct students on-line in a variety of courses in the Gerontology Department
- Develop new Gerontology and Wellness curriculum
- Develop and teach non-credit course to educate seniors about aging-in-place
- Design programs to increase Coastline's enrollment among baby-boomer-aged students
- Member Gerontology Department Advisory Board (2006 to 2018)

**2016-2018**

- Member Social Sciences Division Equivalency Committee (2009 to 2017)

**Jewish Federation & Family Services, Orange County**

- Provides one-on-one wellness and nutrition coaching to seniors
- Assists seniors in setting lifestyle change goals and tracking results
- Holds monthly group support and education meetings

**2013-2014**

**University of La Verne**  
***Instructor of Gerontology***

- Instruct Graduate Students in classroom setting
- Develop new curriculum for course in Professionalism, Ethics & Law in the Counseling of Older Adults

**2011-2012**

**Alzheimer's Association, Orange County Chapter**  
***Education Specialist***

- Train and educate professionals, caregivers and baby boomers on dementia, Alzheimer's disease and brain fitness

2005 – 2010

**Council on Aging-Orange County**

***Continuing Education Program Coordinator (2010)***

- Oversee Continuing Education Program for professionals who work with older adults and other interested students
- Develop and teach new and innovative CEU classes
- Collaborate with various agencies and instructors to create CEU classes

***Ombudsman Training and Recruitment Coordinator (2007)***

- Conduct state-required 36-hour training program to educate volunteers to become certified by State of California to advocate for residents in long-term care facilities
- Develop and teach monthly In-Services for Ombudsmen
- Create mentoring program to enhance Ombudsman trainees' field training experience
- Handle day-to-day contact with 70+ state-certified Ombudsmen
- Recruit prospective Ombudsman volunteers

***State-Certified Ombudsman (2005)***

- Volunteer/PT Staff Field Ombudsman, advocating for residents' rights in 90+ residential care facilities and skilled nursing homes
- Participate in Senior Fairs to promote Ombudsman Program
- Make presentations to City officials for grant funding for Ombudsman Program

1984 – 2004

**Severson & Werson Law Firm**

***Founding Member of Orange County Office (1997)***

- Founder and manager of Southern California branch office of San Francisco-based law firm

***Member of Firm (1990)***

- Member of firm with supervisory and training responsibilities for associate attorneys

- Handle case load of complex civil litigation and trial matters
- Conduct and participate in numerous legal seminars and in-house training programs

***Associate Attorney (1984)***

- Associate Attorney working on civil litigation and trial matters

1981 - 1984

**Isham, Lincoln & Beale**

- Associate handling complex civil litigation matters
- Supervise and train junior associates

**EDUCATION**

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2021

**Stanford University Center for Health Education**

- Nutrition Science

2020

**National Academy of Sports Medicine**

- Behavior Change Specialist

2019

**Professional Development Resources**

- Nutrition for Eating Disorders Certificate

2019

**Fowler International Academy of Professional Coaching**

- Certified Professional Life Coach

2018

**eCornell and T. Colin Campbell Center for Nutrition Studies**

- Plant-Based Nutrition Certificate

2016

**National Academy of Sports Medicine**

- Fitness Nutrition Specialist

2015

**Precision Nutrition Certified Professional**

- Certified as a Nutrition Professional
- Completed training program in the Essentials of Sport and Exercise Nutrition

**Mayo Clinic Wellness Coach Training Course**

- Certified as a Wellness Coach
- Completion of training program and additional certification exam and practicum

- 2014**                      **Wellcoaches School of Health and Wellness Coaching**
- Certificate of Completion
  - Six Month Training Program
- 2013**                      ■ Based on Scientific Research from Harvard Medical School
- 2011**                      **National Academy of Sports Medicine**
- Certified Personal Trainer
  - Senior Fitness Specialist
- 2005 – 2006**           **Coastline Community College**
- Certificate of Achievement in Gerontology, awarded June 2006
  - Honors List
- 1978 – 1981**           **University of California, Hastings College of The Law**
- Juris Doctor awarded May 1981
  - Hastings Law Journal, Articles Editor 1980-1981
  - Honors: Order of the Coif, Thurston Society, Milton Green Top Ten Award for Outstanding Academic Achievement, Graduation Rank: 6 of 512
- 1976 -1978**           **San Francisco State University**
- B.A. Interdisciplinary Studies in Social Sciences
  - Honors: Deans List all semesters, graduated *summa cum laude*
- 1973 - 1975**           **The Pennsylvania State University**
- Dean's List all terms

**PROFESSIONAL MEMBERSHIPS**

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- Greater Irvine Chamber of Commerce (2014 to present) Former Chair Leads Group, former Chair Ambassadors Group
- American College of Lifestyle Medicine (2014 to present)
- National Human Resources Association, Orange County Chapter (2011 to present)

- National Academy of Sports Medicine (2011 to present)
- National Association of Women Business Owners, Member, former Member Board of Directors, Vice President of Corporate Relations (2011 to 2014)
- WomanSage, Sustaining Member (2011 to 2012)
- California Council on Gerontology and Geriatrics, At-Large Member of Board of Directors; Co-Chair Marketing & Membership Committee; Former Education Committee Member (2007 to 2012)
- California Community Colleges Family & Consumer Sciences, Statewide Advisory Committee, Gerontology Representative (2011 to 2013)
- National Aging in Place Council (2011 to 2012)
- Orange County Senior Roundtable (2010 to 2011)
- American Society on Aging (2006 to present)
- California State Bar-admitted 1981; currently inactive
- Orange County Women Lawyers Association (2014 to 2015)

## **SPEAKING ENGAGEMENTS**

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### **Council on Aging-Orange County Continuing Education Presentations**

- “Disaster Preparedness: Do You Have a Viable Plan?” (April 13, 2011)
- “Everything You Need to Know About Fiduciaries & Conservatorships” (November 10, 2010)
- “Walk a Mile in My Shoes: Creating a Culture of Sensitivity in Care Settings” (August 4 and November 18, 2010)
- “How to Deal with Difficult Families: Can’t We All Just Get Along?” (June 30, 2010)
- “Examining Advance Health Care Directives & POLST: What are the Clinical Implications?” (June 8, 2010)
- “Pioneering Change: Sexuality in Long-Term Care Facilities” (July 14 and September 24, 2009)

### **California Assisted Living Association Presentations**

- Annual Meeting Presentation: “Dealing with Difficult Families” (Garden

Grove, CA, October 25, 2011)

- CEU Program for Los Angeles County Assisted Living Executive Directors: “How to Deal with Difficult Families” ( June 15, 2011)
- CEU Program for Orange County Assisted Living Executive Directors: “How to Deal with Difficult Families” ( May 18, 2010)
- CEU Programs for Executive Directors: “Senior Sexuality in Assisted Living” (Northern and Southern CA, March 4-24, 2010)
- Annual Meeting Presentation: “Senior Sexuality” (Irvine, CA, October 28, 2009)

#### **Alzheimer’s Association, Community Education Presentations** (topics)

- Community Resources for Alzheimer’s Caregivers
- Compassionate Communication
- Know the 10 Signs of Alzheimer’s Disease: Early Detection Matters
- Healthy Body/Healthy Brain
- The Basics: Memory Loss, Dementia and Alzheimer’s Disease

#### **Other Presentations**

- The Art of Vibrancy Podcast, “How to Stay Healthy as You Age,” (Zoom presentation, January 12, 2021)
- Avo Health Non Profit, “All Your Nutrition Questions Answered,” (Zoom presentation, December 17, 2020)
- Modern Woodmen Fraternal Financial, “Healthy Living During COVID Times,” (Zoom presentation, September 9, 2020)
- Freedom Village Continuing Care Community, “Healthy Living During COVID Times,” (Zoom presentation, September 2, 2020)
- B2C Networking Group Monthly Meeting, “How to Avoid COVID with a Healthy Diet,” (Zoom meeting, August 11, 2020)
- CBRE Property Management, Lunch & Learn, “How to Stick to a Healthy Diet in 2020,” (Anaheim, CA, January 22, 2020)
- Visit Newport Beach, Company Retreat, Keynote Speaker on Wellness Topics, (Newport Beach, CA, January 16, 2020)
- Cadence Living Rancho Cucamongo Presentation, “Healthy Living for Healthy Aging,” (Rancho Cucamongo, CA, October 17, 2019)
- Metropolis Fitness Center, Elevation Corporate Health “How to Stay Healthy in a World Designed to Make Us Fat & Lazy?” (Irvine, CA, September 22, 2019)
- CareerBuilder, Lunch & Learn, “What’s the Key to Losing Weight?” (Irvine, CA, May 8, 2019)
- Dahlin Group Inc. Lunch & Learn, “How to Get Your Stress Under

Control,” (Irvine, CA, April 8, 2019)

- Boot Barn Corporate Headquarters Lunch & Learn, “Healthy Diets and Exer-Snacks,” (Irvine, CA, March 22, 2019)
- Women in Private Equity Annual Conference, Wellness Forum, “Well-Being and Work: investing in You & Creating a Healthy Culture for the Team,” (Dana Point, CA, March 13, 2019)
- Boot Barn Corporate Headquarters Lunch & Learn, “How to Sustain a Healthy Lifestyle,” (Irvine, CA, March 8, 2019)
- Cystic Fibrosis Foundation, Orange County Chapter, “Healthy Lifestyle,” (Irvine, CA, March 6, 2019)
- Women and Wellness Panel sponsored by Mueller Prost, CPAs, Panel Participant (Irvine, CA, February 12, 2019)
- California Association of Health Facilities, Orange County Chapter, “How to Survive the Holidays with Your Sanity and Waistline Intact,” (Seal Beach, CA, December 5, 2018)
- B2C Professionals at Webster University, “How To Live a Healthy Lifestyle,” (Irvine, CA, November 13, 2018)
- Equinox Sports Club Orange County, “How To Plan to Stay Healthy During the Upcoming Holiday Season,” (Irvine, CA, October 16, 2018)
- Nihon Kohden America, Inc., “How To Get Your Stress Under Control,” (Irvine, CA, August 26, 2018)
- Kwik Cash, “How To Stay on Track with a Healthy Lifestyle,” (Irvine, CA, April 5, 2018)
- Saddleback College Emeritus Program, “Healthy Nutrition,” (Laguna Woods, CA, January 24, 2018)
- Nihon Kohden America, Inc., “7 Common Nutrition Myths Debunked,” (Irvine, CA, December 14, 2017)
- Halcyon Health Direct Primary Care, “10 Life Hacks That Will Help You Eat Healthier Today,” (Irvine, CA, October 24, 2017)
- Whole Health Everyday, “Everything They Told Us About Nutrition is Wrong,” (Irvine, CA, October 19, 2017)
- O’Connor Mortuary, “Healthy Nutrition,” Kick-Off Presentation for Wellness Program (Laguna Hills, CA, October 17, 2017)
- Envision Financial Systems, “Everything They Told Us About Nutrition is Wrong,” (Costa Mesa, CA, May 11, 2017)
- Vitas Healthcare, “Healthy Eating Habits: How to Lose Weight for Good,” (Irvine, CA, March 17, 2017)
- HOSA Technology, “Everything They Told Us About Nutrition is Wrong,” (Buena Park, CA, March 9, 2017)
- Freeman, Freeman & Smiley, PPL, “How to Stay Healthy in a World



Designed to Make Us Fat and Lazy,” (Irvine, CA, December 7, 2016)

- TNA Facial Pain Association, OC Chapter, “Healthy Nutrition to Reduce Inflammation,” (UCI Medical Center, Orange, CA, October 22, 2016)
- California Deposition Reporters Association, “How to Eat Healthy and Reduce Stress,” (Anaheim, CA, September 24, 2016)
- Mophie, “Everything They Told Us About Nutrition Was Wrong,” (Tustin, CA, June 16, 2016)
- Digital Benefit Advisors, “Seven Common Nutrition Myths Debunked,” (Aliso Viejo, CA, May 25, 2016)
- Educational Seminar, “Six Secrets to Weight Loss,” (Irvine, CA, April 22, 2016)
- Educational Seminar, “Seven Common Nutrition Myths Debunked,” (Irvine, CA, March 22, 2016)
- Newmeyer & Dillon, “How to Get Your Stress Under Control,” (Newport Beach, CA, June 23, 2015)
- Coastline Community College, “How to Get Your Stress Under Control,” (Fountain Valley Beach, CA, June 19, 2015)
- Nike Store Fashion Island, “Nutrition Myths and Diets Debunked,” (Newport Beach, CA, June 10, 2015)
- Boy’s Town, “How to Eat Healthy and Exercise on a Budget,” (Irvine, CA, April 25, 2015)
- Rutan & Tucker, “Use Exer-Snacks to Fit Exercise into your Busy Life,” (Costa Mesa, CA, January 13, 2015)
- Connected Women of Influence, “Stress and Business Burnout: How to Beat It,” (Irvine, CA, December 12, 2014)
- Orange County Senior Roundtable, “How to Survive the Holidays with your Sanity and Waistline Intact” (Orange, CA, November 25, 2014)
- Pave Group, “How to Survive the Holidays with your Sanity and Waistline Intact,” (Irvine, CA, November 11, 2014)
- American Association for Women in Community Colleges, “The Art of Staying Healthy During the Holiday Season,” (Fountain Valley, CA, November 5, 2014)
- Gordon & Rees, “How to Squeeze Exercise into your Busy Life,” (Irvine, CA, October 8, 2014)
- Moss Adams, LLP, “How to Get Your Stress Level Under Control,” (Irvine, CA, October 2, 2014)
- Cal. State Fullerton University, 20<sup>th</sup> Anniversary of the Center for Successful Aging Conference, “How to Keep Growing and Changing as You Age,” (Fullerton, CA, August 15, 2014)
- National Association of Women Business Owners, “The 7 Keys to Healthy Living,” (Newport Beach, CA, June 3, 2014)
- dA Center for Arts, Second Annual Women’s Roles, Changing Aging

Conference, (Pomona, CA, May 3, 2014)

- Silverado Senior Living, “Practical Tips for Changing Health Habits, (Tustin, CA, April 24, 2014)
- Whole Foods Market, “How to Live a Healthier Lifestyle,” (Tustin, CA, April 23, 2014)
- Jewish Business Networking Group, “Healthy Living,” (Irvine, CA, March 4, 2014)
- Villa Valencia Senior Living, “7 Tips for Healthy Aging,” (Laguna Hills, CA, October 27, 2013)
- University of La Verne, Gerontology Update Seminar, “The Secrets to Aging Well,” (La Verne, CA, August 10, 2013)
- Tustin Ranch Golf Club, Quarterly Meeting of the Women’s Golfing Group, “The Secrets to Healthy Aging,” (Tustin, CA, July 16, 2013)
- Silverado Senior Living Tustin Hacienda, “Healthy Aging,” (Tustin, CA, March 26, 2013)
- Covenant Village of Florida, “Healthy Aging,” (Plantation, FL, March 8, 2013)
- Idaho State University, 25<sup>th</sup> Annual Conference on Health Care, 5<sup>th</sup> Annual Geriatric Health Care Symposium, Keynote Speaker and Seminar Leader, “How the Baby Boomers Will Change Everything”; “Walk a Mile in My Shoes, Senior Sensitivity Training”; “One in Eight Americans Has Alzheimer’s Disease, What This Will Mean For our Healthcare System,” (Pocatello and Meridian, ID, October 19, 2012)
- Morgan Stanley Wealth Management, “Aging Beats the Alternative,” (Reno, NV, October 4, 2012)
- Lestonnac Clinic, Board of Director’s Retreat, “Healthy Aging,” (Huntington Beach, CA, September 29, 2012)
- Coordinating Council of Older Adults, “How to Convince an Older Driver to Surrender the Car Keys,” (Laguna Hills, CA, August 6, 2012)
- HealthCare Partners, “Senior Sensitivity Workshop,” (Mission Hills, CA, August 3, 2012)
- Creative Visions, Senior Care Providers Networking Group, Keynote Speaker on “Healthy Aging,” (Santa Ana, CA, July 26, 2012)
- Trinity United Presbyterian Church, Community Education Events: “Wills, Trusts & Powers of Attorney,” and “Advance Health Care Directives,” (Santa Ana, CA, July 18, 2012 and August 8, 2012)
- Northern California Activities Coordinators, Mid-Year Conference, Keynote Speaker on “Senior Sexuality and Complications of Dementia,” (Lodi, CA, May 11, 2012)
- Freedom Village Continuing Care Retirement Community, Community Education Event, Keynote Speaker on “Healthy Aging,” (Lake Forest, CA, March 14, 2012 and Hemet, CA June 27, 2012)

- Trinity United Presbyterian Church, Keynote Speaker for “Puzzled No More,” Senior Resources Fair (Santa Ana, CA, March 3, 2012)
- Scripps Green Hospital, “Cultural Sensitivity for Healthcare Professionals,” (Torrey Pines, CA, January 11, 2012)
- Aurora Las Encinas, Behavioral Health Care: “Senior Sensitivity Training for Healthcare Professionals,” (Pasadena, CA, December 7, 2011 & February 1, 2012)
- WomanSage, “Reinvent Yourself Informational Interview Forum,” expert counselor on for-profit careers in elder care (Costa Mesa, CA, November 1, 2011)
- St. Joseph’s Hospital, Outpatient Surgery Center: “Cultural Sensitivity Training for Healthcare Professionals,” (Orange, CA, October 19, 2011)
- Senior Care Professionals Breakfast at Atria: “Cultural Sensitivity in Care Settings,” (Irvine, CA, October 12, 2011)
- Professional Fiduciary Association of California: “How to Work Effectively with your Ombudsman,” (Costa Mesa, CA, September 22, 2011)
- National Aging in Place Council: “Senior Sexuality and Dementia,” (Laguna Hills, CA, September 7, 2011)
- PrimeCare of Citrus Valley: “Guiding Principles in Caring for Seniors” (Corona, CA, August 31, 2011)
- Orange County Senior Roundtable: “Fiduciaries, Powers of Attorney and Conservatorships” (Orange, CA, June 28, 2011)
- Monarch Healthcare Medical Group: “Senior Sensitivity” (Irvine, CA, June 27, 2011)
- National Senior Health and Fitness Day Fair, H. Louis Lake Senior Center, Garden Grove, “Brain Fitness” (May 25, 2011)
- Southern California Physicians Managed Care Services: “Guiding Principles in Caring for Seniors” (San Diego area, May 9-24, 2011)
- Alamitos West Health Care Center: “Improving Communication between Staff and Residents” (April 14, 2011)
- Desert Oasis Healthcare Medical Group: “Guiding Principles in Caring for Seniors” (Rancho Mirage, March 16, 2011)
- UCI Center for Excellence, SCAN Grant Pilot Training: “Improving Communication between Direct Care Workers and Families” (December 8, 2010)
- Alzheimer’s Association: “Sex, Drugs and Money: Issues in Elder Care” (October 12, 2010)
- VITAS Innovative Hospice Care & UCI Center for Excellence: “Protecting the Gift: Shedding Light on Elder Abuse” (July 13 and September 14, 2010)
- Care & Kindness Conference, Crystal Cathedral: “Taking Control of Your Healthcare Decisions” (March 13, 2010)
- American Association of Community Colleges, Annual Meeting: “Lessons

from the Boomer Classroom” (April 16, 2009)

## **PUBLICATIONS**

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- “How I Escaped Legal Practice and Got Myself a Life” Amazon book, (2020)
- “Why I’m Not a Fat Old Lady” Amazon book, (2019)
- “How to Ditch Your Fat Clothes for Good” Amazon book, (2018)
- “40 Ways to Leave Your Lover, That Would be Junk Food” Amazon book, (2017)
- “How to Stay Healthy in a World Designed to Make Us Fat and Lazy” Amazon book, (2015)
- “Aging Beats the Alternative and a Sense of Humor Helps,” Amazon book and eBook, (2012)
- “Married with Special Circumstances,” Aging Today (November/December 2012)
- Writer for LifetimeDaily.com, contributing articles about the health benefits of eating well as we age (2016 to 2018)
- OC Register and Tustin News, Guest Columnist (December 2012 to 2015)
- The Huffington Post Blogger (January 2013 to present)
- Hoopes Vision Blogger on healthy lifestyle for eye health