

Nothing you ever do for
children is wasted.
So feed them good food and
one day they will save the
world.



#TheNoblePathFoundation

TRY ORGANIC FOOD...
OR AS YOUR GRANDPARENTS
CALLED IT, FOOD.



FOODMATTERS TV

Feed them REAL food and they will eat it.
Joyfully.



#Cork disease
#healthykids #healthylife
www.TheNoblePathFoundation.org



HUNGRY? Eat an apple.
Don't want an apple?
Then you're NOT hungry.

#eatmindfully #healthylife
#healthylife #TheNoblePathFoundation

"THINK ABOUT IT: IF THERE
IS A HEALTH FOOD SECTION
IN THE GROCERY STORE, WHAT
DOES THAT MAKE THE REST OF
THE FOOD SOLD THERE?"

- DR. MARK HYMAN

FOOD MATTERS®

The Noble Path Foundation

We are a 501(c)(3) corporation located in San Clemente, CA, dedicated to helping the youth of our communities reach their highest potential via healthy nutrition and lifestyle choices, advocacy and inspirational mentoring, and safe and fun social activities.

“Healthy Kids, Healthy World”

Three Pillars for TOTAL WELLNESS = BODY/MIND/SPIRIT

1. **NOURISH TO FLOURISH:** Fitness and Nutrition

Young people and their families are referred to us by pediatricians, teachers, administrators, family therapists, and other organizations working with children who need help and guidance with fitness, nutrition and/or socialization.

2. **AIM HIGH:** Advocacy, Inspiration and Mentorship

A 7-week leadership series that pairs groups of teens with leading advocates in our community in order to inspire them via mentorship to pursue their highest potential in all areas of health and well-being.

3. **SOCIALIZATION:** Fun Activities Indoors and Out

Complementing both programs are healthy, fun and safe activities that the teens can experience and enjoy. TGIF Friday events, Homework Club, art, music, Improv and yoga, as well as organized outdoor sports provide plenty of social opportunities with both mentors and peers.

Meet the TEAM: Melissa Mathes, Nutrition Specialist



- **20 yrs experience in sports nutrition and medical nutrition therapy.**
- BS in Nutritional Science
- Registered Dietician (RD)
- MS in public health (MPH)
- Certification Specialization in Sports Dietetics (CSSD) which is highly regarded by the U.S. Olympics Committee and NCAA and held by only 1% of the approximately 3,800 active RDs in CA.
- Level II certificate in Obesity and Weight Management
- Specializes in sports nutrition for all ages and sports, in conjunction with medical nutrition therapy counseling and pediatric-geriatric nutrition for diseases like heart disease, diabetes, Crohn's disease, colitis, Celiac, renal disease, MS, Parkinsons, Lupus, HIV/AIDS and rheumatoid arthritis.

Meet the TEAM: Paulina Avendaño, MD, FAAP



- Dr. Avendaño has over 25 years of experience as a board certified pediatrician. She received her BS from UCI, her MD at Tufts University School of Medicine in Boston, and completed general pediatric residency training at Harbor-UCLA Medical Center.
- Her areas of expertise include child development & behavior, and child & adolescent mental health.
- Listed by the Orange County Medical Association as a Physician of Excellence in 2021 and consistently rated over 90% on CHOC patient experience survey.
- Pediatric Specialist for Refugee Health Alliance, providing health care for children in asylum shelters in Tijuana and also served as a pediatrician for the US DHHS refugee children clinic in Long Beach
- Asst. Clinical Professor for the UCLA School of Nursing.
- Growing up in Chile, Canada, and the US, Dr. Avendaño is fluent in English, Spanish, and French.

Meet the TEAM: Katie Mann, MSW, LCSW



- **Katie Mann is the Licensed Clinical Social Worker(LCSW)** for The Noble Path Foundation’s Advisory Board. She received her B.A. in Psychology from UCLA and her Masters Degree in Social Work from Cal State Long Beach and specializes in children, adolescent and family counseling.
- **Katie has a private practice in San Clemente and has over 30 years of experience in the field.** She is well-known and beloved in our community, having been an academic advisor at San Clemente High school while also serving as a mentor for the Cool to be Kind Club from 2008-2012. In addition, she was also instrumental in bringing “Blue Ribbon Week” to San Clemente.
- Katie is a mom to Molly (27) and Joe (24) and has been married to her husband Tim for 35 years. She enjoys anything to do with the ocean and walking her dog Rosie on the beach trail. We are excited and honored to have her on our Noble Path Foundation team.

Meet the TEAM: Jaclyn Kuluris, Trainer



- Jaclyn "Jax" Kuluris received her Bachelor of Science in Kinesiology with an emphasis in Pre-Physical Therapy from San Diego State University.
- Pre-Physical Therapy Certification and an additional BS degree in Speech Language Pathology from Portland State University.
- Extensive work experience with the Neuro population at Casa Colina Hospital, Goodwill Fitness Center, and United Cerebral Palsy, and specializes in Functional Range Conditioning concepts (FRC) and Neuro Development Technique (NDT) for both adults and children.
- The knowledge she has gleaned from her post-op and hospital rehabilitation experience enables her to improve the mobility, strength, and balance of her clients at Highest Potential Training (a company which she founded), as well as aiding in their injury prevention and/or rehabilitation.
- Jax enjoys exploring the outdoors hiking, stand up paddle boarding, and snowboarding. She enjoys challenging her movement with learning new skills and always seems to be starting new hobbies. She loves when she can help her clients gain enough strength and/or mobility to explore new hobbies as well. She believes expanding one's movement can expand one's life.

Outreach Programs

REAL FOOD Forums • Fitness Days • Special Events •
REAL Food Challenge • Sports Specific Nutrition
Seminars

- Schools K-12 • Youth Groups • Charity Leagues • Boy and Girl Scouts
- Businesses • Nonprofits • Rehab • Prison Programs

Our outreach programs feature REAL Food Forums for grades K-12



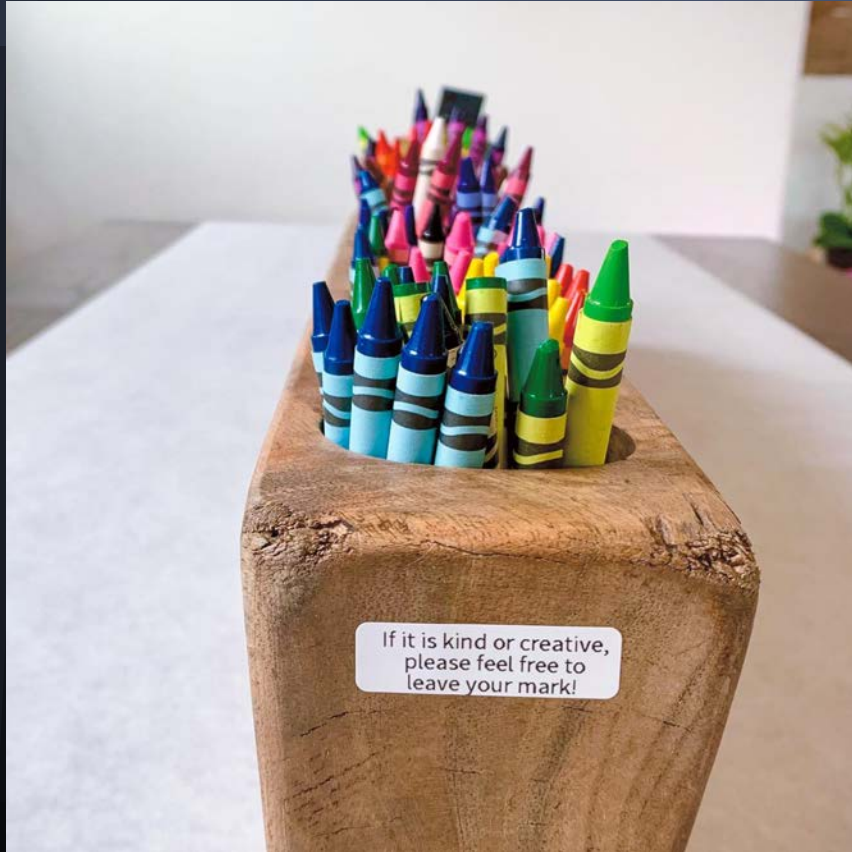
We are located at 420 N. El Camino Real
San Clemente, CA 92672



We designed our building to be welcoming and comforting. We want all our visitors to feel at home.



We encourage creativity... and kindness!



Our multi-purpose room is fluid: music, art games, presentations, yoga, you name it!





We offer Real Food Forums, Wellness Seminars, Sports Specific Nutrition presentations and can easily accommodate 36-40 people comfortably.



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The media room is for socializing, small group presentations, overflow while waiting for programs to begin, etc. The students love movie nights and gaming on the big screen!



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Our Fitness Room is a safe haven for our Nourish to Flourish participants to work with trainers and learn how to move and exercise properly. Our goal is to empower them with confidence in an environment free from judgment, comparison or ridicule.



Our Homework Bar allows students to relax, work on their laptops or enjoy a healthy snack.



The AIM High series pair leaders in our community with young people, in hopes of initiating meaningful conversations on a variety of important health topics - from nutrition and trending drug cultures, to social media, self-esteem, teen dating and healthy relationships.



The Noble Path Foundation
420 N. El Camino Real, San Clemente
Every Wednesday, Oct 5th - Nov 16th, 4-6pm
(Ages 13-18)

Physical & Emotional Stress Coping Skills | OCT 5th
Connect-OC

Financial Literacy for Teens | OCT 12th
TaxPros

Trending Drug Culture | OCT 19th
Partners4Wellness

Nutrition & Wellness | OCT 26th
The Noble Path Foundation

Self Esteem & Social Media | NOV 2nd
Wellness & Prevention Center

Teen Dating & Healthy Relationships | NOV 9th
Laura's House

Leadership Development & Certification | NOV 16th
Bob Burns & TNPF Team

SIGN UP!


 @AIMhigh4Kids @TheNoblePathFoundation  FB.com/AIMhighTNPF FB.com/TheNoblePathFoundation



Life Lessons as part of AIM High offer seminar and field trip opportunities which teach valuable skills often not taught in schools...



CHRIS JENKINS, former race car driver in IMSA (GT3) and a past engineer with Ford Motor Company, taught teens important car skills: how to check the oil, change and plug a tire, etc. and gave them a list of items they should always carry in their cars.

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Blake Mellgren, owner and executive chef of CRAFT HOUSE, taught basic cooking skills and gave an insider's look in running a restaurant.



Life Lessons as part of AIM High offer seminar and field trip opportunities which teach valuable skills often not taught in schools...

Don Juncal, President of OBEY CLOTHING





Nourish to Flourish participants come to us on referral from pediatricians, health care workers, teachers, administrators and family therapists.

While measurements are taken to gauge progress, the focus is on LIFE TARGETS.



Our TNPf Club at high schools gives students plenty of opportunities for volunteerism, as well as writing healthy restaurant reviews!





SATURDAY, MARCH 7TH, 2020



A Fabulous
Day of Fitness
Featuring:

- Battle of the Gyms
- Battle of the Schools
- Sports & Fitness Challenges
- Live Music and Entertainment
- Raffle Prizes, Awards & Wellness Fair



THE NOBLE PATH FOUNDATION PRESENTS THE 6TH ANNUAL

HIGH 5IVE 4FITNESS

A FUN-FILLED DAY OF FITNESS FOR THE ENTIRE FAMILY

9:00 a.m. - 1:00 p.m.
Vista Hermosa Sports Park Football Field

For More Information Visit:
TheNoblePathFoundation.org
or call (949) 234-7259



Our annual fundraiser, HIGH 5IVE 4FITNESS is a fun-filled day of fitness for the entire family. We feature Sports Challenges, Youth Demonstrations, a Wellness Fair and our famous BATTLE OF THE GYMS!

Gyms from across south OC compete to raise money for their “adopted” school!



Battle of the Schools features teachers and administrators competing against each other for additional prize money. Always a fan favorite with the students!



Sports Challenges include: Fastest tennis serve, Fastest baseball throw, Longest football pass, Quickest soccer drill, Fastest 40-yd dash, Most free throws in 30 seconds, and Fastest time through obstacle course!



The Wellness Fair and Youth Demonstrations bring families and friends to cheer on the performers!



WHY WE DO IT

In order to insure a healthy world, we must do a better job of raising healthy kids. Our youngest generation faces a multitude of obstacles and challenges:

- **An industrialized food system** that emphasizes calorie-dense, nutrient-deficient ultra-processed foods which are harming their health.
- **An education system** that puts increasingly more emphasis on test scores and pays less attention to the arts, music and physical activity.
- **A growing drug and substance abuse culture** among young people and increasingly high suicide rates over the last decade.
- **Mental health challenges** that come from impossible standards targeted at youth via advertising and marketing, and the debilitating effects of social media on their well-being.

WHY WE DO IT

Founded in 2013, in January of 2022, we opened our doors at a new permanent location to what we hoped would function as a safe haven for the youth of our local neighborhoods. Since then, our building has been a warm and welcoming place to gather, play, socialize and learn about the topics and activities that can nourish both their bodies and minds.

With the help and dedication of an outstanding board and an advisory panel consisting of nutritionist **Melissa Mathes, MPPH, RDN, CSSD**; pediatrician **Paulina Avendano, MD, FAAP**; and licensed clinical social worker and family therapist **Katie Mann, MSW, LCSW**; and a team of trainers specializing in sports medicine, kinesiology and physical therapy, we offer a professional and well-rounded approach to fitness, nutrition and wellness.

Our goal is to educate young minds, activate their interests, elevate their potential and motivate their desire for a happier and healthier self. While we continue to provide our free REAL Food Forums to grades K-12 and Sports Specific Nutrition Seminars to athletic teams, our new building gives us the opportunity and space to accomplish all of these things, and more - and with absolutely **NO** cost to the young participants and their families.

A vertical rectangular image showing a sunset over the ocean. The sun is low on the horizon, creating a bright, shimmering path of light across the water. The sky is filled with dark, dramatic clouds, some of which are illuminated from below by the setting sun. In the distance, a small, dark silhouette of a boat is visible on the water's surface.

Individually, we are
one drop.
Together, we are
an ocean.

-Ryunosuke Satoro

The Noble Path Foundation

Check out our website:

www.TheNoblePathFoundation.org

Contact us:

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(949)234-7259 or Cindi Juncal at (949)981-4998

Follow us on Facebook, Twitter and Instagram too!