

Denine Rogers, MS, RDN, LD, FAND

Integrative &
Functional Nutritionist |
Gut Health &
Menopause Speaker

Denine Rogers is a nationally recognized speaker and educator who transforms lives through holistic, culturally-rooted approaches to nutrition, gut health, and hormonal balance. She empowers melanin-rich women over 50 to navigate perimenopause, menopause, and post-menopause with science-based tools and ancestral wisdom.



SIGNATURE SPEAKING TOPICS

- ✓ Menopause, Gut Health & Radiant Skin
- ✓ Culturally Rooted Menopause Nutrition for Black Women
- ✓ Perimenopause Power: Navigating Hormonal Shifts Naturally
- ✓ Post-Menopause Wellness: Thriving Beyond the Change
- ✓ Breaking the Taboo: Menopause in the Workplace

PAST SPEAKING ENGAGEMENTS

- 🎤 Integrative Dermatology Symposium (1000+ attendees)
- 🎤 Today's Dietitian Spring Symposium Conference (1000+ attendees)
- 🎤 Academy of Nutrition and Dietetics Food and Nutrition Expo & Conference (3000+ attendees)
- 🎤 International Diabetes Federation Conferences (Cape Town, SA & Toronto, Canada)

SPEAKING FEES

PRESENTER: \$2,000–\$5,000

**WORKSHOPS (2-3 HRS):
\$1,500–\$3,000**

**FULL-DAY IN-PERSON
SEMINAR: \$5,000–\$7,500 +
TRAVEL**

**HALF-DAY IN-PERSON EVENT
\$2,500 – \$4,500 + TRAVEL**

**VIRTUAL WEBINARS:
\$1,000–\$2,000**

**KEYNOTE SPEAKER (30–60
MIN) \$2,000 – \$5,000**

**CORPORATE TRAININGS /
WELLNESS EVENTS \$3,000 –
\$7,000**

CLIENT FEEDBACK

“Denine’s talk on gut health and skin was the most insightful and relatable we’ve ever hosted. She connects science and culture with such compassion.”

*Corporate Wellness Program
Lead*

“Her session on menopause and melanin-rich skin was a game-changer for our group of midlife women of color. Practical, inspiring, and affirming.”

Wellness Retreat Organizer

CONTACT DETAILS

Plases feel free to contact me for any concerns or questions.



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