



February 16, 2010 01:48 PM Eastern Time

Entrepreneur Susan Johnson to Keynote Upcoming Women's Business Conference

Founder of Susan's Healthy Gourmet Will Share Expertise on "Working Smarter"

IRVINE, Calif.--(BUSINESS WIRE)--[Susan Johnson](#), CEO of [Susan's Healthy Gourmet](#), [LifeSpring Home Nutrition](#) and [Xan Confections](#), will share her experiences on being a woman business owner of three successful, synergistic companies as the keynote speaker at [Camille Jayne's Women's Business Conference](#) on Feb. 26. Johnson will address a sold-out crowd at the Irvine Hyatt Regency on effective methods she has used to grow her companies and efficiently improve her bottom line, in keeping with the "Working Smarter" theme of this year's event.

"It's an honor to be asked to speak to a group of outstanding fellow professionals in Orange County's thriving women's business community. I look forward to sharing my experiences and passion for business I've cultivated throughout my 15 years as an entrepreneur," Johnson said.

Inspired by an entrepreneurial father and a passion for both health issues and [gourmet cuisine](#), Johnson founded Susan's Healthy Gourmet in 1996 and pioneered the concept of delicious, nutritionally balanced and [calorie-controlled meals](#) that are prepared from scratch, packaged and delivered twice weekly to homes and businesses throughout Southern California.

Over the years, and in partnership with daughter Kerry Johnson Anthony, president of Susan's Healthy Gourmet, Johnson has identified additional business opportunities and taken smart risks to grow exponentially. In 2003, she acquired LifeSpring Home Nutrition, which provides healthy and affordable frozen meals to seniors through entities such as the Riverside Office on Aging, SCAN Health Plan and Cal Optima. Newest venture Xan Confections was launched in early 2009. Using the skills of famed chocolatier [Tracey Downey](#), Xan has made a niche for itself in creating artisan [chocolates](#) that include delicious [vegan](#), low-glycemic, low-calorie and [gluten-free](#) options along with traditionally indulgent varieties.

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The conference, proceeds from which will benefit [Girls Inc.](#), will provide a half day of valuable business learning and networking opportunities for attendees. Breakout seminars will offer insight into such topics as smart sales and marketing, watching your bottom line, and improving your leadership style. Johnson's keynote is the finale that will be given during the luncheon.

For more information on Susan Johnson and Susan's Healthy Gourmet, visit www.susanshealthygourmet.com.

About Susan's Healthy Gourmet

Irvine, Calif.-based Susan's Healthy Gourmet prepares and packages fresh, nutritionally balanced and calorie-regulated meals for pickup or delivery throughout Southern California. Founded in 1995, Susan's Healthy Gourmet meets the demands of its customers' busy lifestyles, taste preferences and dietary needs by offering portion-controlled customizable individual meals. The company also offers a Diabetic menu for those needing to monitor their carbohydrate and sugar intake; the Good Sense Menu for seniors ages 65 and over; Kid's Backpack Lunches and Busy Bee Dinners; and the Purification and Anti-Aging plan for a healthy and convenient way to jumpstart into long-term healthy living and naturally cleanse the body. For more information, call 888-EZ-MEALS or visit www.susanshealthygourmet.com.

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