



**Contact Information:**

Rolando “Ro” Cantrell, Cooking Class Instructor  
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Chef Rolando “Ro” Cantrell serves as director of nutrition and cooking class instructor for Ruby A. Neeson Diabetes Awareness Foundation, Inc.

Chef Ro is a health and fitness advocate and carries a desire to improve the health of the communities he serves, by creating effective healthy meal-planning and fitness programs.

Chef Ro culinary interest began as a child. He is the owner of Cantrell Occasions LLC, a full-service catering and personal chef company.

Chef Ro is a graduate of Savannah State University. He received his Culinary Arts Degree from the Art Institute of Atlanta. He is ServSafe certified, as well as a proud member of the American Personal & Private Chef Association and the American Culinary Federation.