



Carol Bender

Operational Support

My tenure with LifeWise started before LifeWise opened its doors in 1991. Being involved with a new business start-up was fun, challenging, a lot to learn and I met the most incredible people who are still in my circle of friends today, one of which who is in the bullseye!

I was a member of the National Institute of Food Technologists, the Chicago Chapter CSIFT, ADS, and the Research Chef's Association (RCA).

I co-chaired the hospitality booth for the National IFT for many years when the conferences were held in Chicago. I also became involved with the Chicago chapter of RCA, co-chairing the Educational and Social Events committee.



A change took place in early 2013, which put me at the helm of LifeWise for approximately 6 months. This was my greatest accomplishment in mind, body, and spirit! I've been with the company for 32+ years and there is nothing I would change.

With all the above, in 2010, I managed to finally obtain my BA in Communications, at the age of 55. Along with this achievement, I also hold a Certificate in Hospitality and Bed and Breakfast Management.

Along with my husband Gary, our Border Collie/Aussie named PeaK, our two sons Tom and Jeff and our grandson, Wolfe Lee (2) reside in Utah. Our daughter-in-law Jessica will always be in our hearts.

In my leisure time, I love cooking, traveling, reading, showing/teaching Wolfe anything and everything, planning "things," Tai Chi, and most recently resurrected my favorite hobby, stained glass.

Throughout my life I have had a passion for learning even when it has been challenging. Tinkerbell has been my idol since I was little, first because her motto is "Believe" and second, because she could fly!

What I have learned:

"If you change the way you look at things, the things you look at change." –Wayne Dyer