

Episode 2: Latinx Life Remedies with Cat Feliciano

Episode description:

Tania and Miguel welcome special guest Cat Feliciano on this episode of *More Than Rice and Beans*. A catering and event planner, Cat has years of experience as a hardworking, successful Nuyorican in a tough industry. But even though it seemed all the doors opened for her in the event planning world, Cat experienced obstacles with her own body. In her early 30s, Cat was diagnosed with an autoimmune disorder that has left her unable to speak or walk several times. In this important look at health, holistic remedies, and perseverance, Cat and our hosts explore overcoming obstacles, lessons learned through hardship, and how hobbies can help us escape.

About the guest:

Cat Feliciano is the founder and CEO of Events by Cat, a boutique event coordination and design company in New York City. Cat specializes in bold, beautifully crafted bespoke events and is a certified wedding and event planner. Nuyorican Cat has always loved entertaining and has worked with companies and organizations like Universal Orlando Resort, Jay-Z's 40/40 Club, and New York Athletic Club. When she's not working, Cat enjoys volunteering, trying new recipes, dabbling in food photography, and spending time with her friends and family.

Highlights:

- Tania welcomes special guest event and catering planner Cat Feliciano to the show.
- Cat shares about growing up in New York, finding her footing in event planning, and why every season is right for coquito.
- How Cat went from doing administrative work to voice-overs to catering and event planning in a field that continued opening doors for her talent.
- Cat's health struggles with autoimmune disorders, and why she didn't seek a diagnosis sooner.
- How holistic healing has helped Cat overcome autoimmune attacks that left her unable to speak or walk, and how the experience has taught her to enjoy every healthy moment of her life.
- Why Cat may be the real-life Dora the Explorer
- Latinx home remedies, and why you're not an authentic Puerto Rican if you don't have VICKS in your medicine cabinet.
- How Tania, Miguel, and Cat use their hobbies to manage stress and escape from the world.
- Cat's experience working with Tania as a volunteer for Coqui the Chef and how their instant connection shaped a friendship.

Links:

Register for a class, shop authentic ingredients, and more: <https://www.coquithechef.com/>



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Events by Cat: <http://www.eventsbycat.com>

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