

# KATHRYN FINK, MS, RD, LD

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[www.dietitianadvice.com](http://www.dietitianadvice.com)

*Award winning, nationally quoted nutrition & fitness consultant who educates and motivates groups and individuals to achieve a healthy lifestyle. I offer wellness presentations, corporate health programs, weight loss programs, menu and food product consulting and public relations and individual counseling in general nutrition, weight loss/gain, emotional eating and fitness recommendations.*

## **EDUCATION:**

University of Alabama at Tuscaloosa May 2006

### **Masters of Science Graduate**

Department of Human Environmental Science

- Grade Point Average 4.00/4.00

University of Texas Southwestern Medical Center

### **Bachelor of Science Degree in Clinical Dietetics**

Department of Clinical Nutrition - Coordinated Program

- Grade Point Average 3.67 / 4.00 scale

May 2000

Dallas County Community College

### **Associate of Arts and Science**

- Grade Point Average 3.83 / 4.00 scale

May 1997

## **WORK EXPERIENCE:**

### ***EDUCATION/NUTRITION TEACHING EXPERIENCE:***

#### **Clinical Dietitian**

Timberlawn Mental Health Facility, 4600 Samuel Blvd., Dallas, TX

June 2001 – Present

- Individual inpatient medical nutrition therapy and Eating Disorder counseling
- Manage dietitian staff and oversee JCAHO compliance for dietary department
- Nutrition classes for patients, food service department, nurses and physicians
- Numerous articles for Timberlawn newsletter Timbertalk: Overweight Americans, Food Guide Pyramid, Extra Calories, Fad Diets, Food Service, Bulimia Nervosa, Fluid Need's, Resolutions

#### **Adjunct College Professor**

Dallas County Community College District

January 2001 – Present

- Create and instruct Basic Nutrition & senior citizen wellness class
- Instructed Kickboxing class
- Create e-campus classroom course using Blackboard

**Dietitian**

Kathryn Fink, RD, Irving, TX 75060

October 2000 – Present

- Individual and group medical nutrition therapy counseling
- Teach nutrition classes to schools, organizations, clubs and companies
- Manage aspects of small personal business
- Expert Witness

**Dietetic Consultant**

Preferred Nutrition Therapists, 13490 TI Blvd, Richardson, TX 75243

December 2000 – present

- Individual obesity and eating disorder nutrition counseling
- Lipid lowering nutrition/ wellness counseling
- Cardiovascular wellness education

**Consultant Dietitian**

**Golden Acres Retirement Center**, 2525 Centerville Road, Dallas, TX 75228

July 2003 – April 2006

- Nutrition Care of skilled nursing patient
- Care plan evaluation of patients

**Staff Dietitian**

University of Texas Southwestern Medical Center

Center for Human Nutrition, 5323 Harry Hines, Dallas, TX

December 2002 – February 2004

- Diet analysis for medical students
- Assist on grant to educate medical students
- Create and give education programs and lectures for dietetic interns and medical students

**Dietitian**

Care Affiliates, Inc., 711 Stadium Drive, Arlington, TX 76011

November 2002 – July 2003

- Nutrition expert on patient case conferences
- Nutrition education classes to work hardening program participants

**Consumer Auditor**

RQA, Inc., 8828 N. Central Ave. Suite 103, Phoenix, AZ

March 2001 – December 2003

- Manufacturer product recalls / Consumer retrievals
- Product quality assurance surveys

***FITNESS TEACHING EXPERIENCE:*****Aerobics Instructor**

YMCA, Richardson and Lake Highlands

October 2007 – Present

- Zumba Latin dance instructor and motivator
- Group class instructor and motivator

**Aerobics Instructor**

Irving Fitness Center, 3909 Airport Freeway, Irving, TX

January 2001 – September 2006

- Group resistance training instructor and motivator
- Group Step/Step salsa/ class instructor and motivator
- Group boot camp format/tone and stretch class designer and instructor

**Aerobics Instructor**

YMCA, 2200 W. Irving Blvd., Irving, TX 75060

June 2002 – May 2005

- Water aerobics instructor and motivator
- Group class instructor and motivator

**Aerobics Instructor**

Lady of American, Richardson, TX

January 2001- October 2002

- Group beginning aerobics instructor
- Group step/combo aerobics instructor

**Assistant Wellness Coordinator**

Experian Fitness Center, Fitness Formula, 1177 Rockingham, # 128

February – May 2001

- Design, coordinate and implement wellness programs and activities
- Perform fitness evaluations, instruct classes and supervise fitness center

**CERTIFICATES****OBTAINED:**

- |  |                |
|--|----------------|
| • Zumba Advanced level 2 Instructor                      | September 2008 |
| • Zumba Instructor                                       | August 2006    |
| • Latin Cardio Instructor                                | September 2005 |
| • American Heart Association Healthcare Provider CPR/AED | May 2004       |
| • YMCA Health and Fitness Certificate                    | May 2003       |
| • YMCA First Aid Certificate                             | May 2003       |
| • Cooper Aerobics Institute Aquatics Certification       | May 2002       |
| • Certificate of Training in Adult Weight Management     | March 2002     |
| • AFAA Certified Primary Aerobics Instructor             | February 2001  |
| • Cooper Aerobics Institute Certified Personal Trainer   | October 2000   |
| • Private Pilot License                                  | July 1997      |
| • Texas Cosmetology License                              | June 1989      |

**PROFESSIONAL  
AFFILIATION:**

Registered Dietitian #883233  
 Texas Licensed Dietitian #DT05924  
 Active member of American Dietetic Association #883233  
 Texas Dietetic Association  
 Dallas Dietetic Association  
 Nutrition Entrepreneur Dietetic Practice Group  
 Dietitians in Psychiatric and Developmental Disabilities Group  
 Consultant Dietitians in Health Care Facilities Practice Group  
 Weight Management Dietetic Practice Group  
 Student Dietetic Association, Social Chair 2000

## **MEDIA INTERVIEWS:**

### **National**

Today's Diet and Nutrition "On an Emotional Roller Coaster" November 2007.

Food and Fitness Advisor "Breakfast Cereal Bragging Rights" February 2006; 6-7.

*"Food Choices Made Easy! Finally A Book That Summarizes What Health Experts Say."* delayed publication date.

BP Magazine "Enhancing Your Mood with Food" Fall 2005: 34-36.

Today's Dietitian Magazine. "Cosmeceuticals Come of Age" Sep 2005: Volume 7. No.9; 40-43.

Shape Magazine. Mind, Body and Spirit content interview. July 2004 page 40-42.

Today's Dietitian Magazine. Office Space Some RDs are breaking free of the four-walled image of professional offices." May 2004 Vol. 6 No. 5 page 44.

Dietitians in Business Communications Members on the Move. <http://www.dbconline.org/about/spotlight.htm#move>. April 2004.

Today's Dietitian Magazine. "Improve Your Time Management Skills." March 2003: Volume 5. No. 3; page 20.

Today's Dietitian Magazine. "The Parallel Career Zone." April 2002: Volume 4. No.4; 36-39.

Newsletter Ventures. "Editor's Business" Fall 2002. Volume XVIII No.2, page 21.

Newsletter Ventures. "Executive Committee Spotlight" Fall 2001. Volume XVII No. 4, page 14.

### **Local**

NBC channel 5 Kristi Nelson "Portion Sizes and Food Products" May 6, 2008.

NBC channel 5 Kristi Nelson "Trans fat and McDonalds" January 29, 2007.

NBC channel 5 Kristi Nelson "Exercise or Diet" January 26, 2007.

NBC channel 5 Brian Curtis "Cutting the Caffeine Addiction" December 20, 2006.

NBC channel 5 Kristi Nelson "Trans Fats in fast food" September 2006.

NBC channel 5 Kristi Nelson "Added Sugars" November 3, 2006.

NBC channel 5 Kristi Nelson "Eating out" December 13, 2006.

Lakeside "North Lake Experts Weight Loss Tips" Spring Edition 2004, page 5.

News-Register. "Summertime is the Perfect time to nourish mind, body and soul." Volume 21. No. 4, page 7.

News-Register. "Food for Thought." September 26, 2002: Volume 20. No. 7, page 10.

## **MEDIA ARTICLES WRITTEN:**

### **National**

Eating Disorder Hope "Why Do We Eat the Foods We Do?" March 1, 2006.

Newsletter Ventures "Hurricane Connection and Relief!" Winter 2006. Volume XXII No.3, page 4-5.

ADA Times. "I was on my way home from a psychiatric facility when I received an emergency phone call" Nov/Dec 2005 Volume 3, Issue 2, page 6.

Newsletter Ventures "Volunteers Needed!" Fall 2005. Volume XXII No.2, page 11.

Newsletter Ventures "Mentoring for a Successful Future" Winter 2005. Volume XXI No.3, page 1.

Newsletter Ventures "Easy Steps to Mini-NE in Your Area" Winter 2005. Volume XXI No.3, page 4.

Newsletter Ventures "Success Comes in Your Journey to the Top" Winter 2004. Volume XIX No.4, page 1.

Newsletter Ventures. "Tips for Staying Motivated" Winter 2004. Volume XIX No.4, page 15.

Newsletter Ventures. "National Nutrition Month: A Perfect Time to Improve the Bottom Line" Winter 2004. Volume XX No.1, page 14.

Newsletter Ventures. "Tips for Staying Motivated From Our NE Members" Fall 2003. Volume XIX No.4, page 16.

Newsletter Ventures. "Public Policy Workshop" Summer 2003. Volume XIX No.3, page 14.

Newsletter Ventures. "Financially Speaking" Fall 2002. Volume XVIII No.2, page 18.

### **Regional**

"Go with the Grain" Mrs Baird's Health Connection. February 2006.

"The Skinny on Holiday Eating" Mrs Baird's Health Connection. November 2005.

KRLD Radio Segment "Fine Dining Nutrition Recommendations" May 2005.

Mrs Baird's Video. Key Nutrition Recommendations and Dietary Guidelines. December 2004.

"What is the Correct Portion Size?" Mrs Baird's Health Connection, December- January 04-05.

"Food Labels 101" Mrs Baird's Health Connection, October-November 2004.

"Don't Forget the Fiber" Mrs Baird's Health Connection August 2004.

"Trim Calories Without Much Work!" Mrs Baird's Health Connection, July- August 2004.

"Carbs Work" Mrs Baird's Health Connection, June-July 2004.

"Satisfaction is Key" Mrs Baird's Health Connection, April 2004.

## **Local**

"Nursing Nutrition Procedures" Timber Talk Volume 30 2007.  
 "Quick Weight Control Tips" Timber Talk Volume 30 2007.  
 "Good foods/Bad foods" Timber talk Volume 27 Winter 2007.  
 "What is your body trying to tell you?" Timber Talk Volume 25 2005  
 "Why do we eat the foods we do?" Timber Talk Volume 24 2005.  
 "Gastric bypass protocol" Timber Talk Volume 23 2005.  
 "Brooms: Not just for witches and Cleaning!" Timber Talk Volume 22 pages 9 -10  
 Fox 4 Dietary Guidelines, January 12, 2005.  
 WB Dietary Guidelines, January 12, 2005.  
 "Top Ten Reasons Why You Should Eat Carbohydrates" Timber Talk\_Volume 19, 2004 pg 6 & 7.  
 "Heart Healthy" Timber Talk Volume 18 2003.  
 "Anorexia Nervosa" Timber Talk Volume 15 2003  
 "Holiday Survival Tips" Timber Talk Volume 17 2003  
 "Eating Disorders- Bulimia Nervosa" Timber Talk Volume 14 2003.  
 "Food Service Teamwork" Timber Talk Volume 13 2003.  
 "New Years Nutrition" Timber Talk\_Volume 12 2003.  
 "Food Guide Pyramid" Timber Talk Volume 11 2002.  
 "Fads Diets" Timber Talk Volume 10 2002.  
 "Overweight Statistics" Timber Talk Volume 9 2002.

## **PRESENTATIONS/WORKSHOPS CONDUCTED:**

### **National**

**American Dietetic Association Food and Nutrition Weight Management Webinar.** "*Bariatric Surgery*" May 13-14, 2008.

**Let's Do Tea.** Health Benefits of Tea June 2006

**American Dietetic Association Food and Nutrition Conference.** Presiding Speaker Pre-Conference Workshop "*Bariatric Surgery: Nutrition Factors and Issues*" October 22, 2005

**American Dietetic Association Food and Nutrition Conference.** Presiding Speaker Session "*Developing a MNT Outcomes System: It's Easier and More Essential Than You Think*" October 4, 2004

**AARP TriUmp Classic 50+ Swim-Bike-Run series** "*Food as Fuel*" October 5, 2003

### **Regional**

**Fort Worth Dietetic Association** "Hidden Post Op Bariatric Complications" March 7, 2008.

**North Texas Facial and Oral Surgery Conference.** "Fad Diets" February 15, 2008.

**North Texas Girls Coaches Clinic.** Nutrition Game Plan for Today's Female Athlete" January 10, 2004.

**Nutrition Entrepreneur Regional Workshop.** "Dietitians with Dual Roles" Las Vegas, Nevada April 26, 2003.

**North Texas Girls Coaches Clinic.** Lone Star Park at Grand Prairie. "Nutrition for Today's Female Athlete" January 11, 2003.

## Local

**Wildfire Institute** "Nutrition & Workout at your Desk" October 2007.

**Legacy Heart Center** "You are what you eat" August 2007.

**Timberlawn Nursing** "Nutrition Procedures" July 2007.

**Texas Christian University** "Balancing life without sacrificing sanity, family or fun" May, 2007.

**Grand Prairie School District** "Nutritional needs in children" February, 2007.

**Signa/Timberlawn** "Nutrition and Eating Disorders" September, 2006.

**Timberlawn Brown Bag Professional Seminar** "Nutrition and Eating Disorders" August 24, 2006.

**Women of Visionary Influence** "You are what you eat" August 17, 2006.

**Timberlawn Medical Staff** "Eating Disorders for Physicians" December 13, 2005.

**Timberlawn Admissions Department** "Eating Disorders 101" November 30, 2005.

**Fort Worth Eating Disorder Support Meeting** "Intuitive Eating" November 7, 2005.

**University of Texas Southwestern Dietetic Students** "Motivating others toward Leadership" September 23, 2005.

**Impact Health Pharmacy Center** "Strategies for Success" September 8, 2005.

**Impact Health Irving Call Center** "Strategies for Success" September 7, 2005.

**Impact Health Pharmacy Center** "Keep Off Excess Pounds" August 13, 2005.

**Impact Health Irving Call Center** "Keep Off Excess Pounds" August 12, 2005.

**Impact Health Pharmacy Center** "Family Health, Food and Mood" August 4, 2005.

**Impact Health Irving Call Center** "Family Health, Food and Mood" August 3, 2005.

**Impact Health Pharmacy Center** "Fitness and Bone Health" July 28, 2005.

**Impact Health Irving Call Center** "Fitness and Bone Health" July 27, 2005.

**Impact Health Pharmacy Center** "Lower Your Count; Fat, Cholesterol and Metabolic Syndrome" July 21, 2005.

**Impact Health Irving Call Center** "Lower Your Count; Fat, Cholesterol and Metabolic Syndrome" July 20, 2005

**Impact Health Pharmacy Center** "Fiber and Health" July 14, 2005.

**Impact Health Irving Call Center** "Fiber and Health" July 13, 2005.

**Impact Health Pharmacy Center** "Exercise and Blood Pressure" July 7, 2005.

**Impact Health Irving Call Center** "Exercise and Blood Pressure" July 6, 2005.

**Impact Health Pharmacy Center** "Food Sense" June 30, 2005.

**Impact Health Irving Call Center** "Food Sense" June 29, 2005.

**American Association of Legal Nurse Consultant Fort Worth Chapter** "Dietitians in Nursing Homes; What you need to know" May 18, 2005.

**Institute of Food Technologists.** Low Carbs Declining, What's Coming In? September, 2004.

**University of Texas Southwestern Medical Center Fourth Year Family Medicine Medical Students** "Cardiovascular Disease, Hypertension and Putting Some Steps in Your Day" July 22, 2004.

**Keller Central High School** "Sports Nutrition for the Female Athlete" March 3, 2004.

**University of Texas Southwestern Medical Center Nutrition Elective for Medical Students** "Supermarket Tour" November 18, 2003.

**University of Texas Southwestern Medical Center Nutrition Elective for Medical Students** "Food Records" November 11, 2003.

**University of Texas Southwestern Medical Center Nutrition Elective for Medical Students** "Vegetarian Nutrition" November 4, 2003.

**University of Texas Southwestern Medical Center Nutrition Elective for Medical Students** "Portion Distortion" October 7, 2003.

**University of Texas Southwestern Medical Center Nutrition Elective for Medical Students** "Basal Metabolic Rate with the Medgem" September 25, 2003.

**University of Texas Southwestern Medical Center Clinical Dietetics Program** "Marketing" August 19, 2003.

**Upward Bound North Lake College.** "Dietary Guidelines" June 9, 2003.

**Local Dallas Dietetic Association COACH workshop.** "Dietitians with Dual Roles" January 15, 2003.

**Key note speaker. Fall Induction Ceremony 2002 National Honor Society.** North Lake College Alpha Zeta Eta Chapter of Phi Theta Kappa. November 2, 2002.

**Nutrition- Fad Diets.** What is all the hype about? Learn basic metabolic physiology and learn why fad diets work, temporarily. Discover how to get off the roller coaster for the last time. November 13, 2002.

**Nutrition- Women's Health.** This session deals with special needs of women. Discover how to decrease your risk factors for illness and injury and improve your overall health. October 9, 2002.

**Nutrition- Eating on the Run.** Ever feel like you are always eating on the run? Learn secrets to make your eating schedule less hectic while improving your nutritional health. September 17, 2002.

**Hillcrest High School Home Economics Class** "Healthy Eating" 2001.

## **PUBLICATIONS AUTHORED AND EDITED**

Weight loss surgery and the complications. 10 hour CEU4U in press.

Position of American Dietetic Association: Nutrition Intervention in the treatment of Anorexia Nervosa, Bulimia Nervosa and other Eating Disorders. J Am Diet Assoc. 2006:106 2073-2082.

"Marketing Your Services and Products" Written by Diana Grant Dyer, MS, RD, CNSD. Edited by Dina Aronson, MS, RD, LD; Carol Meerschaert Coughlin, RD, LDN; Gretchen Forsell, MPH, RD, LD; Kate Geagan, MS, RD; Mary Ann Hodorowicz, MS, RD, LD; Donna Israel, PhD, RD, LD; Kathryn Fink, RD, LD; Monique Derricote, MBA, RD; Jennifer Cook, RD, LD. © 2005 by Nutrition Entrepreneurs, a dietetic practice group of the American Dietetic Association. Expires 2008.

"Billing and Accounting" Written by Roberta Gershner. Edited by Dina Aronson, MS, RD, LD; Carol Meerschaert Coughlin, RD; LDN; Gretchen Forsell, MPH, RD, LD; Kate Geagan, MS, RD; Mary Ann Hodorowicz, MS, RD, LD; Donna Israel, PhD, RD, LD; Jennifer Cook, RD, LD; Kathryn Fink, RD, LD; Monique Derricote, MBA, RD. © 2005 by Nutrition Entrepreneurs, a dietetic practice group of the American Dietetic Association. Expires 2008

"Specialized or Flexible Practice" Written by Deb Indorato, RD. Edited by Dina Aronson, MS, RD, LD; Gretchen Forsell, MPH, RD, LD; Kate Geagan, MS, RD, LD; Mary Ann Hodorowicz, MS, RD, LD; Donna Israel, PhD, RD, LD; Lisa Stevenson, MEd, RD; Jennifer Cook, RD, LD; Monique Derricote, MBA, RD; Kathryn Fink, RD, LD. Media © 2005 by Nutrition Entrepreneurs, a dietetic practice group of the American Dietetic Association. Expires 2008.

"Breaking into Media and Spokesperson Work" Written by Keecha Harris, DrPH, RD; Lona Sandon, MEd, RD,LD. Edited by: Jennifer Cook, RD, LD; Kathryn Fink, RD, LD. © 2005 by Nutrition Entrepreneurs, a dietetic practice group of The American Dietetic Association. Expires 2008.

"Guide to MNT Benefit" Written by Mary Ann Hodorowicz, ... Edited by Jennifer Cook, RD, LD; Monique Derricote, MBA, RD; Becky Dorner, RD, LD; Kathryn Fink RD, LD. © 2005 by Nutrition Entrepreneurs, a dietetic practice group of the American Dietetic Association. Expires 2008.

"Marketing yourself to Health Clubs and Spa's: Tips to Getting Started" Written by Debra Hilliard-Jones RD, LD..... with contributions from NE members Kathryn Fink RD, Diane King, MS, RD, CDE, Kellilyn Worley RD, LD Edited by Jennifer Cook, RD, LD; Monique Derricote, MBA, RD; Kathryn Fink, RD, LD

## **ARTICLES, CHAPTERS, and BOOK REVIEWS**

Technical & editorial contributions for Cardiovascular Nutrition: Strategies and Tools for Disease Management and Prevention, 2nd edition.

Nutrition and Athletic Performance Position Paper- American Dietetic Association

Weight Management Brochure- American Dietetic Association

American Fitness and Aerobics Association (AFAA) Nutrition Gets Personal Web based Test Pilot

Skim the Fat Book Review- American Dietetic Association

The Power of One book review and endorsement.

## **NATIONAL BOOK/SOFTWARE REVIEWS/PAPER REVIEWS:**

Diet Analysis Plus software 7.0 produced by ESHA

Diet Analysis Plus software 6.0 produced by ESHA; Wadsworth Publishing Company: Health and Nutrition Area.

**PROFESSIONAL AWARDS/NOMINATIONS:**

Brookhaven College Adjunct 10 Semester Recognition 2005  
 American Dietetic Association Recognized Young Dietitian of the Year 2004  
 American Dietetic Association 2004 Distilled Spirits Council of US Scholarship  
 Texas Recognized Young Dietitian of the Year 2004  
 Dallas Dietetic Association Nomination for Texas Recognized Young Dietitian of the Year 2004  
 Nomination for Alumni of the Year North Lake College 2002  
 Service Excellence Recognition, Timberlawn January 2002

**PROFESSIONAL MEETINGS PRESENTED:****National**

**Filling Ballot with Perfect Matched Candidates** St. Louis, Missouri October 22, 2001.  
**Transition Success.** Miami, Florida. April 16-17, 2004.  
**Budget Preparation Workshop & Reimbursement Issues.** Las Vegas, Nevada. April 24, 2003.  
**Budget Preparation Workshop & Reimbursement Issues.** October 18 – 19, 2002.  
**List-serve Problems & Financial Stability of Practice Group.** Hilton Head Health Institute, Hilton Head Island, South Carolina. April 12- 14.  
**Program of Work Preparation Workshop & Strategies for increasing Reimbursement.** St. Louis, Missouri October 19-20, 2001.

**PROFESSIONAL COMMITTEES:****National**

American Medical Association/Specialty Society Team Conference Focus Survey Group 2006  
 Disaster Relief Nutrition Entrepreneur Member Donation Drive 2005-2006  
 American Dietetic Association Expert Panel Cardiovascular Disease Education & Codes 2004-2005  
 Nutrition Entrepreneur Sponsorship committee 2003-2004  
 Nutrition Entrepreneur Regional Workshop committee 2002-2003  
 Nutrition Entrepreneur List-serve transition committee 2002  
 Nutrition Entrepreneur Toolkit publication editor committee 2000

**Local**

Dallas Dietetic Association Web-site Committee 2002  
 Dallas Dietetic Association Media Advisory Committee 2007

**PROFESSIONAL VOLUNTEER:****National**

**Nutrition Entrepreneur Practice Group; Past Chair 2005 -2006**  
 Parliamentarian on all NE meetings  
 Advisor to Chair  
 Chair the Nominating Committee  
 Identify members for appointed positions

**Nutrition Entrepreneur Practice Group; Chair 2004-2005**

FNCE 2004 Session Moderator

Developing a MNT Outcomes System: It's Easier and More Essential  
Than you think

FNCE 2004 Program Coordinator

Expand your business and your perspective: Business Strategies and Nontraditional opportunities  
CAM**Nutrition Entrepreneur Practice Group; Chair-Elect 2003-2004**

FNCE 2004 Priority Session Program Proposal

FNCE 2003 Networking Reception Planner

**Nutrition Entrepreneur Practice Group; Treasurer 2001-2003**

Quarterly financial reports

Quarterly board meetings

Create budget for practice group

Process all financial interactions for practice group

**Local****Days of Taste Dallas Farmers Market 2007****Dallas Dietetic Association Media Bureau Advisory Board 2007****DFW Mini-Nutrition Entrepreneur Meetings, 2003 - present.****DFW Nutrition Advocacy Alliance, 2001**

Medical Nutrition Education for AIDS patients

**Dallas Dietetic Association**

Channel 4 Health Exposition volunteer

Health Fair volunteer North Park Mall

**American Cancer Society, Nutrition/Wellness presentation for Aetna, 2001****American Diabetes Association Kids Camp, Medical staff, Summer 2000 & 2001**

Perform blood glucose monitoring

Monitor kid for signs of medical problems

Teach children diabetes care

**Angel Flight (volunteer pilot organization), 1999-2001**

Medical transportation for patients in need.

**North Lake College 2002 Health and Wellness Fair "Your Health Matters," February 27, 2002.****Forensic Judge at District III TIFA Speech Tournament, North Lake College, February 2, 2002.****North Lake College Nutrition Awareness Week, September 2001.****Forensic Judge at District III TIFA Speech Tournament, North Lake College, February 4, 2001.****WORKSHOPS ATTENDED:****Remuda Eating Disorder On-site.** February 28-March 1, 2008.**Bariatrics 101.** November 3-4, 2007.**Eating Disorders Across the Lifespan, a closer look.** January 26, 2007.**Hormones, the Brain, Appetite and Chronic Disease.** January 13, 2006.**Building your Communications Skills by Media Training.** October 26, 2005.**White Training and Consulting Strategic Planning.** July 9, 2005.**Thermodynamics and the Low Carbohydrate Diet** November 2, 2004.**Jeff Criley**, October 29, 2004.**Behavioral Therapy in Treatment of Eating Disorders.** October 3, 2004.**Executive Leadership Training American Dietetic Association-** Teleseminar August 15, 2004.**Tending to the Feminine Psyche.** July 16-18, 2004.

**Eating Disorders. Timberlawn** January 30, 2004

**Trauma & Comorbidity Trauma Treatment Team:** Colin A Ross, M.D., Melissa Caldwell, MS. ATR, LPC

**Calcium and Obesity** Dallas Dietetic Association. May 13, 2004

**Leadership Institute.** Tucson, Arizona, February 19 -20, 2003.

**Metabolic Syndrome, by Dr. Scott Grundy.** UTSouthwestern Medical Center, January 15, 2004.

**Goal Setting For Fitness.** UTSouthwestern Medical Center, Dallas, TX, January 13, 2003.

**Jessica Setnick's Eating Disorders Boot Camp.** Understanding Nutrition, Dallas, TX, May 3-4, 2003.

**National American Dietetic Association Public Policy Workshop.** Mayflower, Washington D.C., March 18 –20, 2003.

**National American Dietetic Association Treasurer Training.** Marriot, Philadelphia, October 20, 2002.

**After the Diet V: Neuroendocrine and Nutritional Influences on Disordered Eating.** Fort Worth, TX. June 10, 2002.

**Metabolic Abnormalities in HIV.** Texas Scottish Right Hospital, March 28, 2002.

**National American Dietetic Association Treasurer Training,** Adams Mark Hotel. St. Louis, Missouri October 2001.

**National American Dietetic Association Officer Training,** Swissotel, Chicago, IL. May 2001.

**Judges Training Workshop.** North Lake Community College.

**Service Excellence Training,** Timberlawn. March 18, 2002.

**Metabolic complications: Train the trainer,** AIDS Resource Center and Serono, Inc., August 21, 2001.

**What's up with my body?** Metabolic complications workshop, June 20, 2001.

**Nutrition & Exercise,** Nancy Clark, RD & William Evans, PhD. Plano, TX . February 2-3, 2001.

**National Physician Nutrition and Education Skills Training,** American Dietetic Association, Denver, CO October 18, 2000.

### **CONFERENCES ATTENDED:**

ELISA Eating Disorder Conference, Dallas, April 20, 2007.

ELISA Eating Disorder Conference, Dallas March 3, 2006.

National Food and Nutrition Conference, St. Louis, Missouri October 22 - 24, 2005.

National Restaurant Association Conference, Chicago May 2005,

Team Treatment of Eating Disorders: Basics and Beyond, Dallas Feb 18-19, 2005.

Food and Nutrition Conference. Anaheim, California. October 1-5, 2004.

International Society of Sports Nutrition "The Future of Sports Nutrition in Here" June 18 & 19, 2004.

Texas Dietetic Association State Conference, Dallas April 2-3, 2004.

National Food and Nutrition Conference San Antonio, October 25-28, 2003.

ELISA Eating Disorder Conference, Dallas October 10, 2003.

National Food and Nutrition Conference Philadelphia October 18 – 22, 2002.

State Texas Dietetic Association Conference April 5, 2002 Dallas, Texas.

National Food and Nutrition Conference, St. Louis, Missouri October 20 – 23, 2001.

Local Complementary Healthcare: Will you be ready for it? Dallas Dietetic Association Spring Seminar, Dallas, TX February 23, 2001.

National Food and Nutrition Conference, Denver, Colorado. October 2000.