**Credentials:**

**Early accomplishments:**

-Outstanding student recognitions: National Honors Society, National Society of Leadership and Success, Wellgates Scholar Program of academic excellence, leadership, and entrepreneurship, and the Gamma Beta Phi Society of academic excellence.

-Nominated as Northern Colorado Dietetic Association’s top student

-Awarded the top ranked internship through Colorado State University’s Coordinated Masters Program

**More recent accomplishments:**

-Nationally recognized Registered Dietitian

-Masters Degree in Human Nutrition

-Worked as a Clinical Dietitian at Cheyenne Regional Medical Center

**Specialties:**

-Athletic performance and nutrition

-Immune function/health

-Nutrition throughout the lifecycle (pregnancy, lactation, infant, child, adult, elderly)

-Medical Nutrition Therapy (nutrition catered to medical conditions, reductions of medications)

-Weight loss/gain