**Mission Statement:**

My mission is to increase nutritional awareness and address health and fitness concerns on an individualized basis thereby enhancing quality of life and promoting vitality within the community.

**About Jamie:**

Jamie is a Registered Dietitian with an undergraduate emphasis on Integrative Physiology and Psychology and a Masters Degree in Human Nutrition. She aims to increase nutritional awareness and address health and fitness concerns on an individualized basis. Through the merging of state of the art equipment and her educational expertise, she will enhance quality of life and promote vitality within the community.