

Consulting Dietitian **West Virginia University** Athletic Department.

Morgantown WV 26506. Responsibilities included: Meeting with athletes individually to assess nutritional concerns related to performance. Team presentations, body composition analysis, travel menus, training table menu, HEED (Healthy Eating and Eating Disorder) member. June 2006-August 2013

Adjunct Professor **West Virginia University** Responsibilities included: Instruct college students on introductory nutrition principles. Developed and currently instructs undergraduate and graduate students on introductory sports nutrition class. Students should be able to describe the importance of combining nutrition and physical activity to prevent chronic disease upon completion of class. Sept 2005-present.
Fairmont State University, Food Systems Management Course Sept 2005-Dec 2005

Owner **Start Fresh Nutrition Counseling**. Responsibilities included: Developing, marketing and implementing nutrition advise to private clients specializing in sports nutrition and eating disorders. Jan 2006-present

Clinical Dietitian **Health South Rehab Hospital** Morgantown WV 26505.
Responsibilities included: Evaluating and treating patient needs relative to injury/condition and prescribed diet. April 2006-July 2008

Professional Experience:

Graduate and Teaching Assistant, **West Virginia University Center for Excellence and Disabilities**, Morgantown WV 26506. Responsibilities included: completing REACH home grant curriculum, attending and participating in various clinics, contributing to an interdisciplinary team, completing nutritional assessments, completing case studies related to nutritional concerns with individuals disabilities and special health care needs.

Dietetic Assistant, **Ruby Memorial Hospital** Morgantown, WV 26505 and Wheeling Hospital Wheeling WV 26003. Responsibilities included: Caring for patients and helping order meals according to prescribed diet.

Honors and Activities:

- Sherlock, L.A, Freshour, N. Nutrition for the Aquatic Fitness Professional Chapter. Aquatic Exercise Association Professional Manual (2010)
- Keynote speaker Florida Dietetic Association July 2016
- 2012 NACUFS service award Mid-Atlantic Region.
- Keynote Speaker WVNATA state conference March 2011.
- Regular Nutrition Update writer for AWKA magazine.
- 2006/2011 WELCOA Gold Well Workplace award.
- Nutrition Chair for Mid-Atlantic Region of NACUFS July 2006-July 2011.
- Keynote Speaker at "Taste of the World's Chef Culinary Conference" UMASS Amhurst – June 2006.
- Interest session speaker NACUFS international conference Toronto Canada July 2006, regional conference speaker 2010, 2011, 2013.
- NACUFS Mid-Atlantic up and coming professionals in Campus Dining Today magazine fall issue 2008
- NACUFS 2006 Gold Horton award winner for Healthy "U" and most innovative National Nutrition Month program.

