

KAREN BALNICKI WETHERALL, MS, RDN, LDN, FAND

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EDUCATION

BOSTON UNIVERSITY, MS, Nutrition Education Boston, MA
Masters Thesis Proposal: *"Nutrition Education in Medical Schools"*
BETH ISRAEL HOSPITAL, Dietetic Internship Boston, MA
MARYMOUNT COLLEGE, BS, Human Nutrition and Foods
(of Fordam University) Tarrytown & Bronx, NY

EXPERIENCE

1995-Present

The University of Tennessee (UT) Knoxville, TN Knoxville, TN

Director, Dietetic Internship

- Direct and coordinate dietetic internship experiences; contracting services with local hospitals and health care facilities to provide quality and comprehensive hands-on clinical/work experiences for dietetic interns.
- Advise, direct, and evaluate dietetic interns' needs and progress through weekly communications and evaluations.
- Responsible for maintaining University's accreditation of the internship with Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND).
- Market program to prospective students and coordinate annual intern selection.

1994-Present

Senior Lecturer (promoted from Lecturer to Senior Lecturer 2013)

- Nutrition 422: Nutrition Counseling. A skills-based course designed for students to become familiar with effective client-centered counseling for behavioral & lifestyle change (2019-present)
- Nutrition 490: Clinical Internship. Clinical course associated with the Dietetic Internship; a problem-based, case studies course designed to bridge didactic with clinical experiences. (1995-present)
- Nutrition 410: Professional Issues in Dietetics. An interactive class designed to create discussion on hot topics in the dietetics profession. (2005-present)
- Nutrition 201: Careers in Nutrition. Provides students the opportunity to envision themselves in nutrition jobs through guest speakers who present on nutrition research, sports, wellness, community and clinical nutrition. (2005-present)
- Nutrition 415: Clinical Dietetics. First class in a two semester series on medical nutrition therapy for patients. Includes nutrition assessment, diagnosis, intervention, monitoring and evaluation of patient care. (2006)
- Nutrition 104: Sports Nutrition and Performance. Nutrition concepts for sports performance. Course developed specifically for the Lady Vols. (1995-2004)
- Nutrition 100: Introduction to Nutrition. Basic nutrition to over 250 students fall and spring semesters. Managed five graduate assistants. (1994-98)

EXPERIENCE con't

- 1988-1994 The Massachusetts General Hospital (MGH) Boston, MA
Ambulatory Care, Nutrition Specialist, Department of Dietetics (1991-94)
- Provided nutrition assessment and counseling for patients with cardiac, cancer, and disordered eating problems, resulting in improved nutritional status.
 - Managed and supervised outpatient experience for dietetic interns.
 - Directed problem-based learning case study discussions for Preventive Medicine Course at Harvard Medical School.
 - Provided quarterly nutrition assessment and education to research participants in C.A.R.E. (Coronary and Recurrent Events) Study.
 - Initiated and delivered revenue generating nutrition education classes, providing heart-healthy nutrition focus which positively effected lifestyle change.
- Lecturer, Harvard Medical School** (1988-91)
- Lectured and provided nutrition counseling demonstrations for Preventive Medicine Course to 120 medical students annually.
- Director of Cardiovascular Nutrition**, Preventive Medicine Dept. (1988-1991)
- Provided nutrition assessment and counseling for 30-50 patients weekly, resulting in positive patient lifestyle changes, reduced blood lipids, and weight.
 - Designed and delivered group nutrition classes, including cooking demos and supermarket tours.
- 1987 The Children's Hospital Boston, MA
Director of Nutrition, Martha Eliot Health Center
- Expanded and directed primary care nutrition services for adult, adolescent, and pediatric patients including the WIC Program.
- 1980-1987 The Massachusetts General Hospital (MGH) Boston, MA
Ambulatory Care Nutritionist, Chelsea and Revere Health Centers
- Developed, supervised and evaluated clinical experience for 8 interns annually.
 - Authored the Prenatal Chapter of the MGH Diet Manual.
 - Positively impacted nutrition risk factors via individual counseling, and group nutrition programs for pregnant women, pediatric and adult patients. Services provided to Spanish, Cambodian, Vietnamese, and English-speaking patients.
 - Designed and managed nutrition education programs for patients in the WIC program, increasing breastfeeding rate and decreasing infant mortality rate.
- ## CONSULTANT EXPERIENCE
- 1992-present Tranquil Eating Associates: nutrition and behavioral counseling for clients with disordered eating, weight management and sports nutrition needs.
- 2010-2013 Moonpointe: Focus Center: nutrition consultant for intensive out-patient eating disorder program; providing individual nutrition counseling and group education
- 1994-2008 UT Lady Vols: Team ENHANCE Member, sports nutrition counseling and team talks for elite athletes, contributing to National Championships in '96,'97,'98, '07 & '08.
- 2001-2006 UT Senior Executive MBA Program: Wellness Coach
- 1994-2006 Family Practice Associates: nutrition counseling throughout the life cycle.

CONSULTANT EXPERIENCE con't

1998-2000	<u>UT Vols Football Team</u> : consulted with elite athletes regarding diet, nutrition, and performance, contributing to 1998 National Championship.
1994-1996	<u>Harriman City Hospital</u> : directed individual and group nutrition programs for cardiac rehab and employee wellness programs.
1993-1994	<u>Burdenko Institute of Water Therapy</u> : nutrition counseling for individuals & athletes
1984-1994	<u>Omnifitness</u> : nutrition education for individual clients and personal trainers
1985	<u>The Boston Globe</u> : weight management wellness program

AWARDS

2014 Outstanding Nutrition Educator, AND Nutrition & Dietetics Educators & Preceptors (NDEP) Region 5

2014 Outstanding Nutrition Educator, TN Academy of Nutrition & Dietetics (TAND)

2014 and 2000 Outstanding Nutrition Educator, Knoxville Academy of Nutrition and Dietetics (KAND)

2011 BHN Excellence in Practice Award in Eating Disorders, AND Dietetic Practice Group: Behavioral Health Nutrition

2009 Outstanding Dietitian, TAND and KAND

2009 Visionary Award, Eating Disorders Coalition of Tennessee (EDCT) (currently named: Renewed)

2007 SCAN Excellence in Practice Award in Sports Nutrition, AND Dietetic Practice Group: Sports, Cardiovascular and Wellness Nutritionists

ORAL PRESENTATIONS AND POSTERS PRESENTED AT PROFESSIONAL MEETINGS

- Kittle L, Wetherall K, Kavanagh-Prochaska K, Jahns L. Comparison of mean BMI and frequency of disordered eating behaviors among Minority and Caucasian sorority women: results from Strong Bodies & Strong Minds Unite Sisters! Project. ADA/FNCE oral presentation October 2008.
- Kavanagh-Prochaska K, Wetherall K, Kittle L, Jahns L. "What do guys want?" Perceived & desired body shape: results from Strong Bodies & Strong Minds Unite Sisters! Project. Experimental Biology poster presented April 2008.

PUBLICATIONS

- Clark, N, Wetherall, K. Conference Highlights. SCAN's Pulse. Winter 2018.
- Wetherall K. Internship Director's Corner. Chapter in: Launching Your Dietetic Career. Shadix K, Stokes, M. eatRightPress. 2016.
- Fact Sheet: Waterhous T, Wetherall, K. Basic Facts on Eating Disorders. 2016. scandpg.org
- Clark, N, Wetherall, K. Conference Highlights. SCAN's Pulse. Winter 2015.
- Book Review: Wetherall, KB. Food to Eat: Guided, Hopeful & Trusted Recipes for Eating Disorder Recovery. Lieberman, L. & Sangster, C. 2012. In SCAN's PULSE, Spring 2014.
- Jacob, M, Wetherall, KB. Communication, Collaboration & Documentation: Teamwork to Improve Outcomes when Working with Clients with Eating Disorders. BHN Newsletter, Spring 2013.
- Wetherall, KB. Academy for Eating Disorders 2012 Report on Eating Disorders. BHN Newsletter, Fall 2012.
- Wetherall, KB. Medical Complications of Eating Disorders: Intervention Tips for the RD. BHN Newsletter, Winter 2012.
- Wetherall, KB. News Flash: ADA Publishes Eating Disorder Position Paper & Standards of Practice & Performance (SOP/SOPP) in August Journal. BHN Newsletter, Fall 2011.

PUBLICATIONS con't

- Tholking MM, Mellowspring AC, Eberle SG, Lamb RP, Myers ES, Scribner C, Sloan RF, Wetherall KB. American Dietetic Association Standards of Practice and Standards of Professional Performance for Registered Dietitians (Competent, Proficient, Expert) in Disordered Eating and Eating Disorders (DE & ED). *J Am Diet Assoc.* 2011;111:1242-49.
- Review: Wetherall K. Sports Nutrition: Client Education Handouts, Rosenbloom, C. SCAN's Pulse, Fall 2006.
- Wetherall K. Hot Time in the Summertime: Hydration and Athletic Performance. *Athletic Therapy Today.* Human Kinetics ATT8(4), pp. 51-53.
- Wetherall K. The Beautiful Project. SCAN's Pulse, Spring Newsletter, 2001.
- Balnicki K, Silver-Kolodin L. Chapter 11: Management of Cardiovascular Patients in a Hospital Setting, in: *Cardiovascular Nutrition: Strategies and Tools for Disease Management and Prevention*, The American Dietetic Association, 1998.
- Book Review: Balnicki K. *The Dietitians Guide to Vegetarian Diets: Issues & Applications*, Messina M. 1996. Gaithersburg, MD: Aspen Publishers, Inc, in *J Am Diet Assoc.* 1997:214.
- Zemel PC, Gorski J, Balnicki K. Implementation of Nutrition Education and Training Program Needs Assessment Plan for the Tennessee State Department of Education. Year One: Survey of Principals, Grades 6-12 Health Teachers and Grades 9-12 Lifestyle/Wellness, Physical Education Teachers. Final Report. Departments of Nutrition and Health, Leisure and Safety Sciences. The University of Tennessee, Knoxville. 1995.
- Book Review: Balnicki K. *Human Nutrition*, Guthrie H. 1995. St. Louis: Mosby-Year Book Inc, in: *J Am Diet Assoc.* 1995:944-945.
- Leaf A, Balnicki Frisa K. Eating for Health or Athletic Performance, *Am J Clin Nutr.* 1989; 40:1066-1069.
- Balnicki Frisa K. Overview of Very Low-Calorie Diets. *Group Practice News.* Mar:1989.

PROFESSIONAL AFFILIATIONS

Academy of Nutrition & Dietetics (AND) (member 1978-present)

- Reviewer, Books and Journal Articles (1995-present; contacted as needed)

Sports, Cardiovascular & Wellness Nutritionists, SCAN, Dietetic Practice Group (member 1980-2018)

- Co-editor for Disordered Eating & Eating Disorders (DEED) of SCAN PULSE Newsletter (2006-2017)
- Poster Judge, SCAN Symposium (2015-2017)
- Co-editor e-newsletter, DEED Sub-unit (2015-2017)
- Executive Committee DEED Sub-unit (2012-2017)
- Assistant Director, DEED Sub-unit (2012-2014)
- Symposium Planning Committee, DEED Rep (2012-2013)
- Policies & Procedures Chair, DEED Sub-unit (2010-2012)
- Contributor to SCAN PULSE Newsletter (2006, 2001)
- Fundraising Chair, Exhibits & Sponsors for SCAN Symposium (2001-2002)

Behavioral Health Nutrition, BHN, Dietetic Practice Group (member 2008-present)

- Chair/Chair-elect, Nominating Committee (2019-present)
- Reviewer/Editor for newsletter articles (2011-present)
- Resource Professional for Eating Disorders (2011-2014)
- Publications Chair (2011-2013)

Nutrition & Dietetic Educators & Preceptors Dietetic Practice Group (member 1994-present)

- Selection Committee Member for Outstanding Dietetic Educator award (2016)

PROFESSIONAL AFFILIATIONS con't

Dietitians in Integrative & Functional Medicine Dietetic Practice Group (member 2000-present)

- Member, Webinar Development Committee for Educators (2015)

Nutrition Entrepreneurs Dietetic Practice Group (member 2005-present)

Weight Management Dietetic Practice Group (member 2010-2020)

Public Health Nutritionists Dietetic Practice Group, (member 1980-1990)

- Area Network Coordinator (1988-90)
- Newsletter Editor (1986-88)

Tennessee Academy of Nutrition and Dietetics, TAND (member 1994-present)

- Strategic Planning Committee (2009-10)
- Chair/Chair-elect, Council on Professional Issues, CPI (2005-07)
- Co-Chair, Annual Meeting Program (2006-07)
- Member, Annual Meeting Program Committee, (1997-98, 2002-03)

Knoxville Academy of Nutrition and Dietetics, KAND, (member 1994-present)

- Chair, 70th Anniversary Celebration Event (2019-present)
- Chair, Reporter/Historian (2015-2020)
- Chair, Bylaws (2011-12 and 2014-15)
- Member, Nutrition Update Program Committee (2013-15)
- Past-President/President/President-elect (2008-11)
- Chair, Reimbursement Committee (2005-08)
- Chair, Awards Committee (2004-05)
- Chair/Chair-elect, Council on Professional Issues, CPI (2002-04)
- Chair, Annual Nutrition Update (2003-04)
- Member, Annual Nutrition Update Program Committee (2001 & 1998-99)
- Co-Chair, 50th Anniversary Celebration Program Committee (2000)
- Member and Speaker, Nutrition Symposium Committee (2000)
- Member, Nominating Committee (1997-98)
- Host, Food Style, Cable TV Program (1996-2000)

Massachusetts Dietetic Association (MDA), (member 1978- 1994)

- Area Coordinator, Political Action Network (1987-89)
- Chair, Convention Program Committee (1986-87)
- Chair, Awards Ceremony, 10k Boston Milk Run (1984-86)

Knox Area Task Force on Eating Disorders (KATFED), (member 1996-2007)

- Member, Steering Committee/Board of Directors (1998-2007)
- Education & Training Coordinator, Speaker's Bureau (1998-2007)
- Coordinator, Eating Disorder Awareness Week (1998-2007)
- Developed & Coordinated the Beautiful Project where >300 women redefined beauty through workshops and interactive booths (2000)

Renewed (formerly Eating Disorders Coalition of Tennessee, EDCT) (member 2006-2018)

- Board of Directors (2009-12)
- Regional Coordinator and Education & Training Coordinator (2007-12)

National Eating Disorder Association (NEDA) (member 1999-present)

International Federation of Eating Disorder Dietitians (IFEDD) (member 2011-present)

Academy for Eating Disorders (AED) (member 2011-2018)

MEDIA EXPERIENCE

- Content expert: It's Not Too Late to Motivate. Well Magazine. Knoxville News, 12/07.
- Content expert: How'd I Get So Fat? Krueger, A. AARP Magazine, 1/05.
- Maximizing Performance with Healthy Eating. National Wrestling Coaches Assoc. Video. 9/02.
- Interview: The Beautiful Project. Good Morning Tennessee, Channels 6, Knoxville, TN, 2/00.
- Discover Your Inner Beauty: The Beautiful Project. Live at 5. Channel 10, Knoxville, TN, 2/00.
- Creative Brown Bag Lunches. Good Morning Tennessee, Channel 6, Knoxville, TN, 8/98.
- Where's your milk moustache? National University Campaign, UT, Knoxville, 10/96.
- Content expert: Drastic Measures: What to Do When Your Diet Stops Working. Cosmopolitan, 1/94.
- Healthy Living, KCET Video. Los Angeles, 1991.
- 10 Common Questions Asked About Cholesterol. PBS-TV, Bodywatch, 1990.
- Content expert: Let Them Eat Cake, The New York Times Good Health Magazine, 4/89.

PRESENTATIONS AT MAJOR CONFERENCES & ASSEMBLIES

- Power Foods for Life, Knoxville Livability Summit, Knoxville, TN, 11/15.
- Uncovering Disordered Eating, Keynote Speaker at Colorado Children's Hospital, Denver, CO, 10/15.
- Medical Complications of Eating Disorders, SCAN Symposium, Ohio, 6/14.
- Nutrition Management of Anorexia Nervosa: One Successful Case. Knoxville Academy of Nutrition and Dietetics Annual Symposium, Knoxville, TN, 2/14
- What Really Works? Healthy Behaviors for a Lifetime of Wellness. Keynote Speaker for Oak Ridge National Lab Wellness Program, Oak Ridge, TN, 1/14.
- What's Really Eating Her? Behavioral Health Nutrition Dietetic Practice Group Meeting, Academy of Nutrition & Dietetics Food and Nutrition Conference, Houston, TX, 10/13.
- Uncovering Truth about Body & Food Myths. Carson Newman College, Jefferson City, TN, 2/12.
- Nutrition Myths, Nutrition Symposium for Greek Women. University Center, UT, Knoxville, 1/09.
- Managing Eating Disorders through a Team Approach. Annual Symposium for the Eating Disorder Coalition of Tennessee-East Tennessee, Johnson City, TN, 11/08.
- Managing Stress Effectively. Workshop at Tennessee Government Executive Institute, UT, Knoxville, 6/08, 9/04.
- Fueling for Performance. Assembly at Carson Newman College, 11/07.
- Healthy Eating for a Lifetime of Success. Assembly at Carson Newman College, 2/07.
- Nutrition and Physical Therapists Working Together. Knoxville Physical Therapists Regional Meeting, Pigeon Forge, TN, 3/06.
- Sports Nutrition for Divers. National Divers Association Annual Meeting, North Carolina, 9/05.
- Athletes and Eating Disorders: Fueling for Top Performance. Workshop at the Academy of Eating Disorders Annual Meeting, Montreal, Canada. 5/05
- Fueling for Energy & Health. Assembly at Carson Newman College, Jefferson City, TN, 1/05.
- Preventing Eating Disorders & Promoting Positive Body Image. Assembly for Baylor School Faculty, Chattanooga, TN, 10/04.
- Healthy Body Image. 6th-8th Grade Assembly at Episcopal School. Knoxville, TN, 4/04.
- Healthy Eating. High School Assembly at Sequoia High School, Madisonville, TN, 4/04.
- Preventing Eating Disorders. Assembly at Catholic High School, Knoxville, TN, 4/03.
- Fueling the Active Teen. Assembly at Webb High School, Knoxville, TN, 2/03.

PRESENTATIONS AT MAJOR CONFERENCES & ASSEMBLIES con't

- Fueling for Performance. Coaches In-service, Knox County Middle and High School Coaches, Knoxville, TN, 11/02.
- Preventing Eating Disorders. Assembly at Carson-Newman College. Jefferson City, TN, 2/02.
- Strategies for Treating Eating Disorders. Assembly at UT, Chattanooga, TN, 11/01.
- Sport Fuel: Exercise Nutrition. Assembly at Shorter College. Shorter, GA. 10/01.
- Sport Fuel: Exercise Nutrition. Assembly of Athletes at Maryville, College. Maryville, TN. 5/01.
- Strategies for Treating Eating Disorders. Southeastern Regional Teachers Association, Knoxville, TN, 4/01.
- Eating Disorders: A Team Approach. Regional Nursing Association, Pigeon Forge, TN, 12/00.
- The Beautiful Project. Eating Disorders Awareness and Prevention National Annual Conference for Program Coordinators, Phoenix, AZ, 10/00.
- Nutrition Strategies for Managing ADD/ADHD. Special Symposium on Alternative Treatments for ADD/ADHD, UT Chattanooga, 11/99.
- Healthy Eating for College Living. 12th Grade Assembly. Webb High School, Knoxville, TN, 5/99.

COMMUNITY PRESENTATIONS

- Nutrition to Enhance Basketball Athletes, Episcopal Middle School, Knoxville, TN, 11/19.
- Resume Workshop, Undergraduate Nutrition Student Association, UT, Knoxville, TN, 11/19, 11/18, 11/17.
- Nutrition for Performance Cycling. Smoky Mountain Wheelmen, Knoxville, TN, 7/19, 2/16.
- Eating Disorders and Athletes, Lady Vols class, UT, Knoxville, TN, 10/18, 3/18, 3/17.
- Making Peace with Food: Effective Nutrition Therapy for Eating Disorders, Morrison's Regional Nutrition meeting, UT Medical Center, Knoxville, TN, 4/18.
- Higher Brain Living in Treatment of Clients with Eating Disorders, Focus Healthcare, Knoxville, TN, 7/17.
- Power Foods. Council on Aging, Knoxville, TN, 9/16 & 5/16.
- Nutrition, the Brain & Eating Disorder Treatment. Focus Healthcare, Knoxville, TN, 4/16.
- Sports Nutrition Clinic. Team in Training. Leukemia & Lymphoma Society, Knoxville, TN, 2/13, 6/12, 2/12, 6/11, 2/11, 6/10, 1/10, 6/09, 1/09, 11/08, 6/08, 1/08, 1/07, 8/06, 8/05, 8/04.
- Healthy Lifestyle Changes. US Cellular, Knoxville, TN, 9/12.
- Busting Nutrition Myths. Zumba Knoxville, Knoxville, TN, 9/11.
- Fitting in Fitness. Whirlpool, Knoxville, TN 4/11.
- Health, Wellness & Weight Management. Melaleuca, Knoxville, TN, 4/11.
- Food & the Sweet Sounds of Singers. UT Music Dept., Knoxville, TN, 3/10 & 9/09.
- Self-Esteem & Positive Body Image. Fulton High School, Knoxville, TN, 4/08, 2/09.
- Natural Energy Boosters. Employees at Navistar, Knoxville, TN, 8/08.
- Preventing Eating Disorders. Lenoir City Middle School, Lenoir City, TN, 2/08.
- Self-Esteem & Positive Body Image. So. Doyle High School, Knoxville, TN, 10/07.
- Fueling for Performance. Karns High School Soccer team and parents, Knoxville, TN, 9/07.
- Healthy Eating for Women. Farragut High School parents, Knoxville, TN, 3/07.
- Nutrition & Body Image. Webb Middle School Parents, Knoxville, TN, 2/07, 2/01
- Self-Esteem & Positive Body Image. Webb Middle School, Knoxville, TN, 2/07, 2/06.
- Self-Esteem & Positive Body Image. Anderson County High School, Clinton, TN, 2/07.
- Nutrition Update: Sorting Fact from Fiction. Clayton Homes Lunch & Learn, Knoxville, TN, 2/07.
- Management of Eating Disorders: Review of Literature. KATFED, Knoxville, TN, 11/06.

COMMUNITY PRESENTATIONS (continued)

- Self-Esteem and Positive Body Image. Garden Montessori, 5th Grade, Knoxville, TN, 11/06.
- Sport Fuel. Lady Wildcats Basketball Team, Oak Ridge High School, Oak Ridge, TN, 11/06.
- Love Your Body Booth. Health Fair, Fulton High School, Knoxville, TN, 5/06.
- Metabolism Boosters. Clayton Homes Wellness Program, Knoxville, TN, 2/06.
- Preventing Eating Disorders. Christian Academy of Knoxville, Knoxville, TN, 2/06.
- Prevention and Treatment of Eating Disorders. Women's Health, UT, Knoxville, 2/06, 2/05, 9/04, 1/04, 9/03, 1/03, 9/02, 1/02, 1/00.
- The Corporate Athlete. UT Sr. Executive MBA Program, UT, Knoxville, 1/06, 1/05, 1/04, 1/03.
- Teen Dieting & Eating Disorders. 8th Grade. No. Middle School, Lenoir City, TN, 5/05.
- Healthy Eating for Fitness & Weight Management. UT, Knoxville ROTC, 10/04, 9/04.
- Interactive Body Image Group Activities. KATFED, Knoxville, TN, 9/04
- Making Peace with Food & Weight. Cariten Lunch and Learn. 8/04, 2/04.
- Nutrition and Healthy Body Image. Health Fair. Maryville College, TN, 3/04.
- KATFED Booth. Women's Expo. Knoxville Convention Center, Knoxville, TN, 3/04.
- KATFED Mission and Programs. Mental Health Association of ETN, Knoxville, TN, 2/04.
- Nutrition Basics. Journalism, UT, Knoxville, 2/04.
- Weight Management-Non-Diet Approach. East TN Regional Health Dept., Knoxville, TN, 2/04.
- Fueling the Corporate Woman. Knoxville Executive Women, Knoxville, TN, 1/04.
- Sport Fuel. Men's Baseball. Beardon High School, Knoxville, TN, 10/03.
- Preventing Eating Disorders. Gibbs High School, Knoxville, TN, 9/03.
- Prevention and Treatment of Eating Disorders. East Tennessee Regional Health Dept., Knoxville, TN, 8/03.
- Sport Fuel. East Tennessee Regional Health Dept., Knoxville, TN, 5/03.
- Healthy Eating/Healthy Living. Concord Methodist Church, Knoxville, TN, 2/03.
- Nutrition for Sport. Webb High School softball team and parents. 3/02.
- Strategies for Treating Eating Disorders. Interfaith Health Clinic Retreat, Knoxville, TN, 2/02.
- Healthy Body Image. 8th Grade Classes. Knoxville Christian Academy, Knoxville, TN, 2/02.
- Nutrition Strategies for Disordered Eating. KDDA Meeting, Knoxville, TN, 2/01.
- Eating Disorders: A Team Approach. UT Counseling Center, UT, Knoxville, 1/01.
- Health Fair. Webb Lower, Middle and High School, Knoxville, TN, 11/00.
- Eating Disorders: A Team Approach. Public Health Seminar, UT, Knoxville, 11/00.
- Identifying Eating Disorders in the Diabetic Patient. Smoky Mountain Diabetes Educator Group, Knoxville, TN 7/00.
- Nutrition Assessment and Treatment for Eating Disorders: The Team Approach. UT Nurse Practitioners Students, 4/00, 9/99.
- Positive Body Image & Self-Esteem. 10th Grade. West High School, Knoxville, TN, 4/00.
- Sport Fuel: Exercise Nutrition. The Right Stuff. KDDA Community Program, Knoxville, TN, 3/00.
- Creating Solutions for Preventing Eating Disorders: The Beautiful Project, UT Knoxville, 2/00.
- The Nutritionist's Role in Treatment of Eating Disorders. KATFED, Knoxville, TN, 10/99.
- Sports Nutrition and Preventing Eating Disorders. West High School, Knoxville, TN, 11/98.
- Balanced Eating and Nutrition. 4th Grade Classes. Webb Middle School, Knoxville, TN, 10/98.
- Balanced Eating and Living. Church Street Methodist Church Southeast Annual Conference, Knoxville, TN, 10/98.
- Balanced Eating. Knox County Girl Scouts, Knoxville, TN, 10/97.
- The Future of Dietetics. KDDA Awards Luncheon, Knoxville, TN, 5/97.

COMMUNITY PRESENTATIONS (continued)

- Prevention and Treatment of Eating Disorders. Brown Bag Lunch Series, UT, Knoxville, 2/97.
- Prevention and Treatment of Eating Disorders. Pellissippi State, 9/95 and 9/96.
- Sports Nutrition for Cyclists. Knoxville Bike Club, Knoxville, TN, 4/96.
- New Strategies for Weight Management. KDDA Meeting, Knoxville, TN, 3/96.
- Everything You Wanted to Know About Nutrition. UT Community Programs, 4 week series, Knoxville, TN, 10/95.