



Hi. I'm Morgan, one the Wellness Coordinators!



My background:

I'm a registered/licensed dietitian* and I have my master's degree in public health.

*Did you know to become a registered/licensed dietitian, you're required to have a four-year undergraduate degree, complete a 1,200-hour dietetic internship (often unpaid), pass a board-certified exam and then complete continuing education credits?

What inspired me to choose this career:

I'm in this career field today because growing up I didn't take care of myself. I didn't think about what I ate, purposefully exercise or think about my mental health. As a teenager, the doctor told me I had high cholesterol, was close to having diabetes and was obese. It wasn't until around the age of 18 that I started making small lifestyle changes, such as decreasing my portion sizes and finding ways to get active that I enjoyed. Over the next several years, I found myself not just getting healthier (losing weight, improving cholesterol levels, etc.), but I also found myself becoming more aware of my mental health.

I love being in a role where I get to encourage others about ALL aspects of health, and my personal journey truly inspires me to help others!

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FUN FACTS ABOUT ME

1. I played clarinet from sixth to twelfth grade. It was something I had a knack for and enjoyed. I still play casually and sometimes join in community bands!

2. I was incredibly shy growing up, but in third grade I wanted to try out for the local production of the musical "Annie." I got through several callbacks, but ended up not making it. This inspired me to try out for the next play. I quickly fell in love with musical theatre. Some of my favorite roles included playing Baby Louise in "Gypsy" and Lucy in "You're A Good Man Charlie Brown."

3. I lived in Washington, D.C. for a year while completing my dietetic internship. I enjoyed visiting all the free historic sites. Some of my favorite things were the Smithsonian museums, visiting around 15 foreign embassies on "open embassy day," and getting a library card to be able to enter the Library of Congress Reading Room!



*Visiting the National Mall
with a college friend*

4.

The inspiration for obtaining my master's in public health comes from my time interning/working for D.C. Central Kitchen. Their entire mission is about empowering people to make better life choices and giving them tools to be able to make those choices. I got to spend my summer standing outside of corner stores teaching people about making healthier choices. I met so many inspiring people during my time there.

5.

This is well known by my friends and family, but I love the Harry Potter series (books and movies).



My fiancé Ricky and I attending a Harry Potter concert at the Nashville Symphony



With Ricky and Miles at a family luau

Get to know each WFHTN team member in this spotlight series. Follow us on Facebook to join the conversation! Click this icon to go to our page. See you there!

