

2019 Annual Nutrition Alumni Panel

Wednesday, January 30, 2018, 5:00-7:00pm

Teachers College, EarthFriends Room (Horace Mann 50)

Please join us for a discussion with Program in Nutrition graduates who have established themselves in different areas of our field. Panelists will share how they built on their experiences at Teachers College to achieve their career goals. Refreshments and light snacks will be served.



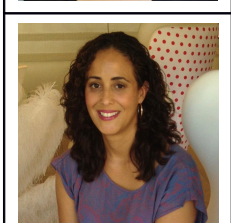
CHELSEA AMENGUAL, MS, RDN, graduated in 2018 from the Nutrition and Exercise Physiology Program and the TC DI. After completing her community rotation during the DI at Virtual Health Partners, she was asked back for part-time work and a month later, started a full-time position. Now she currently works as a Manager of Fitness Programming & Nutrition by managing and creating content for the fitness department, assisting in management for the nutrition department, and counseling patients on the virtual platform. In addition, Chelsea has been a fitness instructor for 10 years and still enjoys teaching a few cycling classes per week at Equinox.



CLAIRE HAFT, MS, RDN, received her degree in Nutrition and Exercise Physiology in 2017 and completed the DI that same year. Upon graduation, she continued working at the sports nutrition start-up, Unit Nutrition, as the Director of Nutrition Strategy. In 2018 Claire felt she needed to follow her true passion in the wellness space, so she started a new path to appeal to a broader population. At that time, she began consulting for SuperKids Nutrition as the Vice President of Project Development. As a former division 1 athlete, Claire also wanted to pursue sports nutrition and began working as the Sports Dietitian Assistant at Columbia Athletics for all 31 varsity teams. Alongside this work, she started her own company, Nutrigility, to focus on helping others find an individualized and sustainable approach to nutrition and activity.



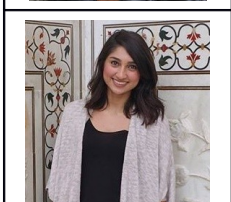
JADE LOPEZ graduated from the TC DI in 2018 and is a Policy, Systems, and Environment (PSE) Wellness Coordinator at New York Common Pantry, a non-profit serving residents of East Harlem and the South Bronx. There she's part of NYCP's Live Healthy! program that teaches children and adults about the importance of a nutritionally sound diet and active living, as well as provides them with the skills necessary to make healthier choices for their families. Her work includes providing SNAP-Ed resources to community-based organizations and local education agencies, establishing partnerships and community relationships to make larger systemic change and connecting partner sites to resources that create healthy environments. She plans to sit for the RD exam in February and receive her MS in Nutrition Education this spring.



MARISSA MAY, MS, RDN is currently working as an outpatient oncology dietitian at Montefiore Medical Center in Bronx, NY. Prior to becoming an RDN, she was a marketing and advertising professional and decided to return to school to make a career change. She received her MS in Nutrition Education and completed the DI in 2017 at Teachers College, Columbia University. At Montefiore, Marissa provides nutrition counseling to patients undergoing cancer treatment to help them manage nutrition-related adverse effects. After graduation she also held a temporary position at Dannon as a Scientific Affairs Manager, where she was able to combine her marketing experience and nutrition education, evaluating current research on nutrition-related topics to help develop relevant product messaging.



GAIL WATSON, MS graduated from the Nutrition and Applied Physiology program in 2013 and now runs her own business called, A Healthy Hunger, llc., where she practices plant-based nutrition and is starting a meal service in the Hamptons. In addition, she is a food photographer, does recipe testing and recipe development, worked on many cookbooks, and consults with restaurants to develop dishes and fine tune their menus. Before attending TC, she has worked in every aspect of the food industry; for 25 years, she owned a custom wedding cake business in NYC called Gail Watson Cakes and a secondary business called A Simple Cake. Gail also holds a BA Art and a BA English and is a certified WSET Sommelier.



JESSICA WILSON, MS, RDN, completed the DI in July 2018 and received her MS in Nutrition and Public Health in October 2018. She currently works as a clinical dietitian at Montefiore New Rochelle Hospital in New Rochelle, NY. She also works as needed in the adjoining short-term rehab/skilled long-term care facility, Schaffer Extended Care Center. Jessica has an undergraduate degree in Health and Exercise Science, and she began the nutrition program at TC with a strong interest in chronic disease prevention and policy change, which she plans to pursue in the future.



CINDY YANG, MS, RDN received her degree in Nutrition Education and completed her DI in 2017. Cindy is the Wellness Manager at Restaurant Associates (RA), a member of Compass Group. At RA, Cindy manages the development, training, and application of recipe nutrient analysis, menu planning, and wellness information. She works collaboratively with culinary and marketing teams to promote and support corporate wellness and sustainability goals, to develop and implement wellness related programs and initiatives, and to ensure compliance with the internal policy as well as federal, state and local nutrition-related laws.