



## Nancy J. Cooper, RD



Nancy earned a Bachelor's Degree in Psychology-Anthropology-Sociology, then completed the program and internship required to become a Registered Dietitian. She began her career in Dietetics as a Clinical Dietitian in a community hospital in Philadelphia advancing to become the Clinical Nutrition Manager. The hospital experience provided a foundation in medical nutrition, but Nancy found that she really enjoyed the community and counseling aspects of dietetics.

She went on to work for five years at The Renfrew Center, a well-known and highly respected eating disorders facility. Nancy found that this experience, meshing both interests in psychology and nutrition, is a challenging and rewarding environment. She has also created and conducted weight loss programs for children and adults, and worked extensively with Bariatric patients in an outpatient hospital setting. She has provided community outreach for senior centers, girl scouts and mall walker groups as well.

Nancy derives a lot of satisfaction from helping people to eat more nutritiously and healthfully, and is comfortable in the role of nutrition counselor. She enjoys working out and tries to practice what she preaches by enjoying food in moderation and balancing that with exercise.