

JODY GARLICK, MS, RDN, LDN

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Pittsburgh, PA

PROFESSIONAL SUMMARY

Highly experienced and passionate registered dietitian with over 14 years of working in clinical and community nutrition. Well versed in a wide-range of disease states including chronic health issues, autoimmune conditions, digestive disorders, chronic and end-stage kidney disease, and pediatric conditions. Progressive-minded and known for keeping up with the latest nutritional science research.

EDUCATION

DHSc	PennWest University Global Online Health Science & Exercise Leadership, Candidate	Aug 2023 (expected)
MS	California University of PA Exercise Science & Health Promotion (concentration in Nutrition)	May 2020
	Kansas State University Didactic Program in Dietetics	May 2007
BS	University of Pittsburgh Major: Economics, Minor: Psychology	May 1992

TEACHING PHILOSOPHY

I want to make an impact as a teacher by being supportive and encouraging to help adult learners transform through the educational experience. Adults are intrinsically motivated and curious, giving them an infinite potential to learn and grow. I am both a mentor and knowledge authority who uses a caring and empathetic approach to facilitate the learning process. Providing students with a trusting environment helps provide clear expectations for success and the ability to adjust to changes.

CLIFTON STRENGTHS

Input Learner Intellection Relator Discipline

PROFESSIONAL EXPERIENCE

South Hills Nutrition , Pittsburgh, PA Owner/Registered Dietitian	Dec 2013 to present
<ul style="list-style-type: none">• Manage operations, finance, marketing, and daily activities of the business.• Design and implement group nutrition classes and cooking classes.• Conduct individual nutrition counseling sessions for clients with digestive and autoimmune conditions.• Serve as a preceptor for dietetic interns from various distance-learning programs by providing rotations on business, entrepreneurship, and nutrition counseling.	

California University of PA, California, PA May 2019 to Feb 2021
Graduate Assistant, Doctor of Health Science and Exercise Leadership Department

- Assisted the program coordinator of the department with projects throughout the year including graduation and program marketing.
- Assisted teaching an undergraduate course by managing and grading discussions during the spring semester (2020).

Vivante Health, Houston, TX Dec 2016 to Apr 2019
Director of Nutrition Services (remote position), Nutrition Department

- Developed and managed nutrition programs for a mobile health platform as a solution for members with chronic digestive conditions.
- Engaged in building relationships with insurance companies, physician groups, and third-party administrators.
- Directly supervised four registered dietitians and two support employees in the Nutrition Department.

Early Intervention Specialists, Inc., Pittsburgh, PA Jul 2010 to Dec 2013
Director of Nutrition Services (remote position), Nutrition Department

- Counseled families of children with developmental delays as part of a team through a non-profit, state-funded program.

Cameron Wellness Center, Washington, PA Sep 2011 to Oct 2012
Registered Dietitian, Nutrition Department

- Conducted individual counseling sessions with members of the center and community.
- Facilitated weekly group nutrition classes through Highmark insurance program.

Frensenius Dialysis Center, Pittsburgh, PA Feb 2009 to Oct 2011
Renal Dietitian, Nutrition Department

- Nutrition assessment and education for 70 patients in the dialysis center.
- Developed and implemented educational materials for patients, staff, and in-services.

Trinity Health Center, Steubenville, OH May 2008 to Apr 2010
Clinical Dietitian, Nutrition Department

- Provided comprehensive nutritional care for various disease states across the lifespan.
- Nutrition assessment and education for 50 patients in the dialysis center at the hospital.

PRESENTATIONS

Improving Digestive Health in Athletes, NETA Fit Fest 2023, Virtual Event, February 2023.

The Aging Microbiome, *XYZ Club at Ruthfred Church*, Pittsburgh, PA, January 2023.

Healthy Aging and the Microbiome, *South Hills Movers and Shakers Support Group (PFWPA)*, Pittsburgh, PA, June 2021.

The Impact of Nutrition on Parkinson's Disease, *South Hills Movers and Shakers Support Group (PFWPA)*, Pittsburgh, PA, May 2020.

Keto Diet: Trend or Science-Based?, *Upper St. Clair High School Health Fair*, Pittsburgh, PA, April 2019.

Healthy Eating as You Age, *South Hills Women's Club*, Pittsburgh, PA, February 2019.

Various Gut Health Topics, *Gluten-Free Goat Bakery*, Pittsburgh, PA, February 2019 – October 2019.

LICENSES AND CERTIFICATION

Commission on Dietetic Registration (RDN)

Dietitian-Nutritionist PA state license (LDN)

Certificate of Training in Integrative and Functional Nutrition (Academy of Nutrition & Dietetics)

Cannabinoid Therapy Clinical Mastery Certification (ICCT)

FODMAP training (Monash University)

ServSafe Food Protection Manager Certification (expires 9/2027)

PROFESSIONAL AFFILIATIONS

Academy of Nutrition & Dietetics (AND), 2008 – present

Dietitians in Integrative & Functional Medicine Dietetic Practice Group, 2010 - present