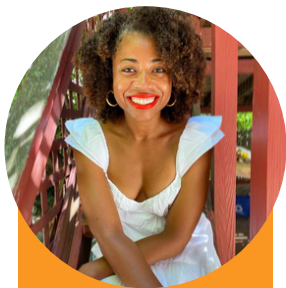


Meet the Speakers



SHANA MINEI SPENCE
MS, RDN, CDN

Effective Communication in Nutrition

April 16 | 9:15-10:15 a.m. | Keynote | 1.0 CPEU

Shana is a Registered Dietitian Nutritionist based in Brooklyn, New York. She currently works in public health for the Department of Health and Mental Hygiene, doing community nutrition lessons, and also owns her own company, The Nutrition Tea®. She describes herself as an "all foods fit" dietitian, and creates a platform for open discussion on nutrition and wellness topics that are inclusive, non-diet, and weight-neutral, all with an intersectionality of social justice. Not always interested in nutrition, and in the not so long ago past, she worked in the fashion industry and hated it. (The joke is: she got a B.S in Fashion Merchandising...get it?) She finally decided to make a change, go back to school and became involved in food policy and public health, where she currently works. She also writes frequently for publications such as Self, Shape, Outside, EatingWell, and Well + Good Magazines. Her debut book is titled Live Nourished: Make Peace with Food, Banish Body Shame, and Reclaim Joy. Speaking engagements include Peloton, NEDA, Eating Recovery Center, The Rose Retreats, Food Fluence, Eat Well Global, and NBC. She can be seen in media such as NPR, Shape Magazine, GQ, SELF Magazine, Women's Health Magazine, Outside Magazine, ABC Good Morning America, and Healthline.



ANNIE WEISS
MS, RD, CEDS

Panel Discussion: Stigma in Dietetics

April 16 | 10:30 -11:45 a.m. | General Session 1 | 1.25 CPEU

Annie Weiss is a Lead Clinical Dietitian for Rogers Behavioral Health, specializing in eating disorder treatment, and teaches at the college level within her field. She is the co-author of Fueling on Purpose, an interactive workbook to help readers gain comfort around nutrition and with their bodies. She is also the co-host of Between 2 Pastries podcast, discussing and debunking current nutrition fads. Outside of work, Annie is an accomplished runner, holding the record for the women's fastest known time on Wisconsin's 1200-mile Ice Age Trail. Annie loves to travel outside of running. She has been to 6 continents and over 2 dozen countries. She loves to bake, crew, and occasionally goes birding. Annie started her Doctor of Clinical Nutrition in August 2025 to keep things interesting, too!



NICOLE KERNEEN
RD, CD, CSSD

Panel Discussion: Stigma in Dietetics

April 16 | 10:30 -11:45 a.m. | General Session 1 | 1.25 CPEU

Nicole Kerneen is a Registered Dietitian, Certified Dietitian, Certified Specialist in Sports Dietetics, and a Certified Personal Trainer. In her 26 years of practice, she has worked in many different settings in the dietetic field. Her current practice focuses on eating disorders, GI health, hormonal health, professional, amateur, college and high school athletes. Currently, she owns Way of Life Nutrition and Fitness, has a monthly blog on her website, www.wayoflifefood.com, is co-creator of the Between 2 Pastries Podcast, and is co-author to Fueling on Purpose: An Interactive Workbook to Help Shift Perspectives Around Nutrition, Movement, and Health. In addition, she works with residential eating disorders at Rogers Behavioral Health.



RACHEL ECKEL
RDN, CD, CDCES

Panel Discussion: Stigma in Dietetics

April 16 | 10:30 -11:45 a.m. | General Session 1 | 1.25 CPEU

Rachel has worked as a clinical dietitian for over a decade within Waukesha County, including roles in diabetes care and education, cardiopulmonary rehab and general nutrition counseling. As a Certified Diabetes Care and Education Specialist (CDCES) for the past 11 years, Rachel engages in diabetes self-management education/training and collaborates on organization-wide policies and procedures. Rachel currently works at Rogers Behavioral Health as a float dietitian (level III) across all levels of care.

Panel Discussion: Stigma in Dietetics

April 16 | 10:30 -11:45 a.m. | General Session 1 | 1.25 CPEU

Disordered Eating in Athletes - Prevention, Identification, and support

April 16 | 12:45 - 1:45 p.m. | Breakout Session 1.2 | 1 CPEU

Maggie Richmond is a Registered Dietitian with over a decade of experience in the field and specialties in both eating disorders and sports nutrition. Maggie holds the Certified Eating Disorder Specialist and Consultant-Supervisor (CEDS-C) credential, is a Certified Sports Nutritionist (CISSN), and obtained her Masters in Applied Exercise Science-Sports Nutrition. These areas of specialty and hands-on experience have provided a robust foundation in understanding the connection between physical well-being and nutrition. Maggie serves as the Clinical Nutrition Manager for Rogers Behavioral Health, one of the nation's leading behavioral health organizations, offering an expansive background in evidence-based care and collaboration with medical disciplines to improve client's experience. Additionally, Maggie serves the outpatient community through her private practice, Richly Nourished, LLC., assisting individuals both virtually and in-person. Prior to these experiences, Maggie spent five years under the leadership of the Director of Performance Nutrition with the Green Bay Packers in the National Football League (NFL). Maggie's nutrition philosophy centers around building an inclusive relationship with food that feeds (pun intended) a client's emotional and physical connection to the world around them while keeping their mind and body nourished. She is a Health at Every Size and Intuitive Eating advocate, believing that with compassionate guidance, we can all have a joyful relationship with food, movement, our bodies, and our overall self.



MAGGIE RICHMOND
MS, RD, CEDS-C, CISSN

Empowering Equitable Community Kidney Healthcare Through Provision on Evidence-based Resources

April 16 | 12:45 - 1:45 p.m. | Breakout Session 1.1 | 1.0 CPEU

Annamarie Rodriguez has almost 30 years of experience in a vast array of settings surrounding chronic diseases and specifically kidney disease. She owns Nutrition Directions, LLC providing dietitian/nutrition consulting services and is dedicated to serving the community to advocate for health equity to advance preventative measures and decrease the incidence and progression of chronic disease. She has a Master's in Health and Wellness Management, is a Certified Lifestyle Medicine Professional, and is a Licensed Food for Life Instructor. She believes that each person is on their own personal "food journey" and the direction of nutrition care is personalized, empowering patients to sustainable life changes. She looks forward to partnering with her patients on their food journey to find the direction of nutrition that is just right for them.



ANNAMARIE RODRIGUEZ
MS, RDN, LD, DIPACLM,
FAND

From Clinical to Kitchen: Culinary Medicine's Role in Helping Patient's Achieve their Nutrition Goals

April 16 | 2:00-2:45 p.m. | Breakout Session 2.1 | 0.75 CPEU

Mackenzie Burke is a registered dietitian with UW Health who currently serves as the clinical nutrition supervisor. She has a masters in clinical nutrition from UW Madison, and has worked in Cardiology, Transplant, Osteoarthritis, and ALS. She is also a Lifestyle Change Coach for the CDC's Diabetes Prevention Program. Mackenzie has been involved in UW Health's teaching kitchen since 2021, and believes in an all foods fit approach to nutrition, and meeting patients where they are at. Taylor Johnson, MA is a classically trained chef, food anthropologist, and sustainable food systems professional with a master's degree in food studies from The American University of Rome. After more than a decade working as a chef, Taylor shifted focus to advancing equitable and resilient food systems, recognizing the power of food to shape health outcomes and community well-being. Today, Taylor oversees the Culinary Medicine program at UW Health, where evidence-based nutrition is integrated with hands-on cooking education to promote healthful cooking and eating habits.



MACKENZIE BURKE
RD, MS, CD, LDN

From Clinical to Kitchen: Culinary Medicine's Role in Helping Patient's Achieve their Nutrition Goals

April 16 | 2:00-2:45 p.m. | Breakout Session 2.1 | 0.75 CPEU

Taylor Johnson, MA is a classically trained chef, food anthropologist, and sustainable food systems professional with a master's degree in food studies from The American University of Rome. After more than a decade working as a chef, Taylor shifted focus to advancing equitable and resilient food systems, recognizing the power of food to shape health outcomes and community well-being. Today, Taylor oversees the Culinary Medicine program at UW Health, where evidence-based nutrition is integrated with hands-on cooking education to promote healthful cooking and eating habits.



TAYLOR JOHNSON
CHEF



EMILY COWLES
RD, CD

Non-Traditional Nutrition Education in Action

April 16 | 2:00-2:45 p.m. | Breakout Session 2.2 | 0.75 CPEU

Emily Cowles is a Registered Dietitian. Three years in AmeriCorps gave her experience teaching in addiction recovery, mental health and homeless spaces. Her final term landed her a job as the Ashwaubenon School District Hydroponic Farm Manager where she leads the production of fresh greens for roughly 3,200 students in the district and provides on-the-job training for the high school students. Emily is also the owner of Em's Kitchen Table LLC which helps people move from diagnosis back to the dinner table through non-traditional nutrition education. When not working, you can find her reading a good novel or sewing some funky clothes.



MAGGIE SANNA
MS, RDN, CD

Fueling the Future: The Essential Role of Registered Dietitians in School Meal Programs

April 16 | 3:15 - 4:15 p.m. | General Session 2 | 1.0 CPEU

Maggie Sanna is the School Nutrition Director at Monona Grove School District, serving students across two communities in the suburbs of Madison, WI. As a Registered Dietitian Nutritionist, Maggie is dedicated to fostering healthy relationships with food among young people. She holds a Master of Science degree in Dietetics with a Management Concentration from Mount Mary University in Milwaukee, WI. Her career in school nutrition began at the Wisconsin Department of Public Instruction, where she joined the team specifically to guide schools through the implementation of the new nutritional standards mandated by the Healthy, Hunger-Free Kids Act of 2010. Passionate about promoting excitement around healthy eating, her favorite part of the job is encouraging students to explore diverse vegetables through creative, locally sourced recipes.



**ALLISON PFAFF
HARRIS**
RDN, CD

Fueling the Future: The Essential Role of Registered Dietitians in School Meal Programs

April 16 | 3:15 - 4:15 p.m. | General Session 2 | 1.0 CPEU

Allison's love of local food began as a child, picking handfuls of red raspberries in her grandparents' garden, and has grown through her experiences as a dietitian in a community hospital, a personal chef, and a farmhand volunteer, where she witnessed the power of food in fostering healthy bodies, minds, and communities. As Farm to School Director at REAP Food Group, Allison works to advocate for and support every person involved in growing food to bring to the school cafeteria table. Knowing that Farm to School works best in partnership with strong school nutrition programs, REAP Food Group assists in research and advocates for local, state, and federal policies that benefit students and school nutrition programs as a whole, including Healthy School Meals for All Wisconsin, a movement to bring no-cost school meals to all K-12 Wisconsin students.

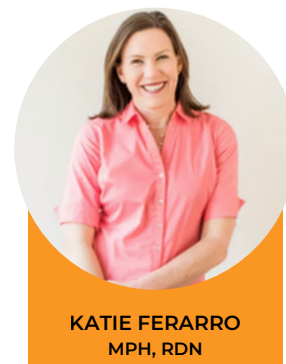


STACY NELSON
MPPD, RDN, CD

Fueling the Future: The Essential Role of Registered Dietitians in School Meal Programs

April 16 | 3:15 - 4:15 p.m. | General Session 2 | 1.0 CPEU

Stacy Nelson is a Registered Dietitian and passionate school nutrition advocate with 10 years of experience as a School Nutrition Director. As the current President of the School Nutrition Association- Wisconsin, she is dedicated to advancing child health, expanding access to nutritious meals, and promoting the vital role of school nutrition in student success.



KATIE FERRARO
MPH, RDN

From Peanuts to Sesame: How to Safely Introduce the Top 9 Allergenic Foods for Babies

April 17 | 8:15 a.m. - 9:15 a.m. | General Session 4 | 1.0 CPEU

Katie Ferraro, MPH, RDN is an infant feeding and baby-led weaning dietitian, speaker, and author who helps families and healthcare professionals confidently start solid foods safely. In 2016, she created the original 100 FIRST FOODS™ approach to baby-led weaning and a proprietary 5-Step Feeding Framework used in professional trainings, workshops, and digital education programs. Katie regularly speaks to dietitians, healthcare providers, WIC agencies, corporations, and parent audiences on evidence-based infant feeding, choking prevention, allergen introduction, and responsive feeding. She teaches nutrition at the University of California San Diego Extended Studies and hosts the Baby-Led Weaning with Katie Ferraro podcast. As a mom of seven, Katie brings both clinical expertise and real-world experience to every presentation.



STEPHANIE SEND
MS, RDN, LDN, CNSC

From Classroom to Career: Empowering Emerging Dietetics Professionals Through High-Impact Learning
April 17 | 9:15 -10:15 a.m. | General Session 5 | 1 CPEU

Stephanie Send, MS, RDN, LDN, CNSC is a registered dietitian and Clinical Assistant Professor at the University of Wisconsin–Milwaukee, where she teaches undergraduate and graduate nutrition students with a focus on clinical nutrition and chronic disease prevention and management. She completed her undergraduate education at Michigan State University and her Master of Science degree and dietetic internship at Rush University Medical Center.

Prior to her academic role, Stephanie worked as an advanced-level clinical dietitian at Northwestern Memorial Hospital and Rush University Medical Center and has taught and precepted graduate nutrition students at various academic medical centers. Her clinical expertise includes nutrition support, critical care, and digestive health. She has held several leadership roles within ASPEN and the Academy of Nutrition and Dietetics. Stephanie is passionate about preparing future dietitians through hands-on, experiential learning that strengthens clinical reasoning and competence across diverse clinical settings.



LORI KLOS
PHD, RDN

From Classroom to Career: Empowering Emerging Dietetics Professionals Through High-Impact Learning
April 17 | 3:15 - 4:15 p.m. | General Session 5 | 1.0 CPEU

Lori Klos, PhD, RDN, is an Associate Professor and Program Director of the BS Nutritional Sciences and MPH–Nutrition and Dietetics programs at the University of Wisconsin–Milwaukee. With more than nineteen years in academia, she specializes in building high-quality, competency-focused nutrition and dietetics programs. Under her leadership, UWM introduced its first pathway to the RDN credential with the fall 2023 launch of the MPH–Nutrition and Dietetics Graduate Program (GP). Dr. Klos focuses on innovative, student-centered curriculum design that integrates project-based and experiential learning to prepare competent future practitioners in nutrition and dietetics while creating sustainable instructional and financial opportunities for graduate students. Her work strategically leverages learning activities across courses and programs to enhance engagement, skill development, and pre-professional growth to benefit the UWM campus community and the broader southeastern Wisconsin region.



MICHELLE RIMER
MPH, MS, RDN, LDN

From Classroom to Career: Empowering Emerging Dietetics Professionals Through High-Impact Learning
April 17 | 3:15 - 4:15 p.m. | General Session 5 | 1.0 CPEU

Michelle Rimer, MPH, MS, RDN, is an experienced educator and practitioner in public health, nutrition, and wellness. She earned her BS in Dietetics from the University of Wisconsin–Madison and completed a dual MPH–MS degree and dietetic internship at the University of Tennessee, Knoxville. Throughout her academic career, Michelle has held faculty positions at multiple universities, including Lenoir-Rhyne University, where she helped establish an interdisciplinary obesity prevention institute and launched the nation's first dietetic internship focused on Childhood and Adolescent Weight Management. Alongside her academic work, she has held leadership roles in corporate wellness, child nutrition, and public health. Michelle is passionate about community-engaged teaching and uses service-learning to equip students with real-world skills in nutrition and public health practice.



JILLIAN HYTTEHOVE
MA, RD, CSOWM, LD, CHES

Overlooked: Addressing Malnutrition in People with Overweight and Obesity
April 17 | 9:15 a.m. - 10:15 a.m. | General Session 6 | 1.0 CPEU

Jillian Hyttenhove, MA, RD, CSOWM, LD, CHES is a Medical Affairs & External Engagement Liaison within Medical Affairs & Research at Abbott. She brings a diverse background in nutrition and health, having worked across multiple areas including corporate wellness for national and global organizations, weight management, clinical trials, and oncology. Jillian earned her Bachelor's degree in Dietetics from Bowling Green State University and completed both her Dietetic Internship and Master's degree in Health Education at East Carolina University. She is also board certified in obesity and weight management, along with board certified in health education.



MEGHAN DAW SEDIVY
RD, LDN

Rebuilding the Family Table

April 17 | 11:45 -12:30 p.m. | General Session 7 | 0.75 CPEU

Meghan Daw Sedivy, RD, LDN, is a registered dietitian, media expert, and founder of The Divorced Dietitian. She previously spent eight years as a retail dietitian leading innovative wellness programs, building community partnerships, and bringing practical nutrition education to life.. Today, Meghan combines her media savvy with real-life experience to empower divorced women and single moms to rebuild their health after heartbreak. Through approachable wellness content, national media features, and brand partnerships, she makes it easier to eat well, feel better, and start fresh—one bite, one step, one day at a time.



BETHANY WAALA
RD, CD

A HAES Approach to Compassionate & Inclusive Care for Everybody

April 17 | 12:30 - 1:30 p.m. | General Session 8 | 1.0 CPEU

Bethany has worked as a clinical dietitian for the past 2 years with prior 6 years experience in food service and community settings. She has a passion for helping others get back to living their values and she recently founded Root to Rise Nutrition Counseling to do just that. In her free time, she enjoys spending time with husband and toddler and baking sourdough goodies. Bethany currently works at Rogers Behavioral Health as a float dietitian.