

# STACI SHACTER

## EDUCATION

**Florida International University** - Miami, Florida

*Spring 2009*

*Masters in Dietetics and Nutrition*

GPA: 3.72

Registered Dietician

Association for Graduate Students in Dietetics and Nutrition - Treasurer

Published: BMI & attitudes and beliefs about physical activity and nutrition of parents of adolescents with intellectual disabilities, *Journal of Intellectual Disabilities Research*, Volume 55, issue 11, pages 1054-1063

**University of Florida** - Gainesville, Florida

*Spring 2004*

*Bachelor of Arts, Business Management*

GPA: 3.52

Deans List, 2000-2004

Certificate in Retailing Leadership

Advisory Board, Miller Center for Retailing

Scholarship for Center for Retailing/Sears

## WORK EXPERIENCE

**Concorde University, Nutrition Instructor**

*March 2012- Present*

- Carry out lesson plans and teach nursing students basic nutrition from a clinical perspective

**True Balance Magazine & Dorland Health, Nutrition Author**

*December 2011- Present*

- Gather research and put together information on various nutrition topics
- Write nutrition articles for publication in magazine

**Health is Wealth, Nutrition Consulting-** South Florida

*November 2011 – Present*

- Nutrition and wellness counseling and education
- Develop custom diet, lifestyle, and supplement support programs for clients
- Grocery store tours and home kitchen consults
- Nutrition presentations/ Lunch and Learn

**Fitness & Wellness Works-** South Florida

*September 2011- Present*

- Put together nutrition literature for and participated in corporate health fairs
- Lunch and learn cooking demonstration with nutrition education for corporate wellness program

**Ultimate Nutrition & Health, Apprenticeship-** North Miami

*November 2010 - July 2011*

- Administered nutrition screen to new clients
- Developed nutrition plans and handouts for clients
- Streamlined systems within office to maximize efficiency
- Observed client consults to learn protocols for holistic nutrition care from guru Andrea Larsen

**Childhood Nutrition Education, Yeshiva Elementary School-** Miami

*November 2010 – December 2010*

- Prepared 4 animated visual presentations on food groups for grades 1-6
- Presented nutrition presentations each week for nutrition month
- Provided nutrition education for staff

**Health South Rehabilitation Hospital, Clinical Dietician** – Sunrise

*December 2009 - Present*

- Assess patient needs & work with specialists to determine and carryout patient care plan
- Educate patients on disease specific diets

**Dietetics and Nutrition Internship**

*September 2008- April 2009*

- Food service management - Florida International University Panther Dinning Facility
- Nutrition in the community - Broward Meals on Wheels
- Clinical Nutrition- Health South Sunrise Rehabilitation Center & Aventura Hospital

# STACI SHACTER

## PROFESSIONAL DEVELOPMENT SEMINARS & WEBINARS OF SPECIALIZATION

- Food For Thought: How Nutrients Affect Mental Health and the Brain
- Neuroendocrine Immunology Series: Module 1: The Brain's Regulatory Systems
  - Cortisol and melatonin circadian rhythm physiology
  - The role of nitric oxide on the immune system
- Functional Cardiology
- Evaluating Adrenal Strength Through Salivary Testing
- Neuroendocrine Immunology Series: Module 2: Gluten and Leaky Gut
  - Understanding the complexity of gluten sensitivity
  - Breaking the complex web of leaky gut
- Functional Blood Chemistry Analysis
- Neurotransmitters and Brain
- Meta-Energetics
- Thyroid support