

Hello!

I'm Mary Balog

Skills and Areas of Interest

-Eating Disorder Prevention; Medical Nutrition Therapy; Motivational Interviewing; Community liaison; Weight-inclusive Care; Health at Every Size™; Intuitive Eating; Seasonal Eating; Local Food Systems; Connections to Local Farms; Food Sovereignty; Culinary arts; Intern mentor & educator.

Professional Speaking Experience

February 2024

- **Washtenaw and Livingston ISD professional development training seminar** - Eating Disorder Prevention: Classroom Applications of Weight-Neutral and Non-diet Concepts: Professional development presentation for K-12 educators that reviewed weight-inclusive, and non-diet language and concepts to incorporate in their classrooms, along with an example lesson demonstration.
- **Livonia Youth Summit** - Nutrition & Physical Activity Breakout Sessions: Facilitated discussions among highschool students and community leaders to identify top challenges and possible solutions related to Nutrition and Physical Activity.

January 2024

- **University of Michigan School of Public Health Dietetics Conference** - *Exploring the Future of Dietetics, panel speaker*: Presented my experience as a Community Nutrition Dietitian, highlighting the overlapping roles of being a nutrition professional and a community member. Highlighted how to incorporate an interdisciplinary, systems-oriented, community-centered approach to Dietetics work.

August 2023

- **MDHHS Stay Well Program series** - [*Beyond the Plate, Part 2: A Compassionate Way Forward workshop*](#): 6-week virtual series reviewing common food and body disruptions, changes and challenges experienced throughout the Covid-19 pandemic. Highlighted strategies for managing food, nutrition, and physical activity with an individualized, self-compassionate, flexible, and community-centered approach. Included an accompanying weekly workshop discussion.

May 2023

- **Michigan School Health Coordinators (MISHCA) quarterly meeting** - *Reducing the Risk of Eating Disorders Through Our Approach to Nutrition and Physical Education presentation*: 2-hour professional development seminar for school administrators, K-12 educators, and curriculum advisors that introduced unintended consequences of a weight-centric health paradigm, and introduced weight-inclusive, community-centered approaches to nutrition and physical activity education.

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March 2023

- **Livonia 100 Days of Health series** – *Self-Care Eating Strategies: A Compassionate Way Forward*
- **Eastern Upper Peninsula ISD professional development training workshop**– *Eating Disorder Prevention Part Two: Practical Strategies*: Professional development presentation for school administrators and K-12 educators that reviewed weight-inclusive, and non-diet language and concepts to incorporate in their classrooms.

February 2023

- **Livonia 100 Days of Health keynote presentation** – *Skip the Judgment: Centering Grace, Compassion, and Curiosity on Your Wellness Journey*: 45-minute presentation reviewing common mindsets and approaches to managing food and fitness goals, and the unintended consequences. Reviewed mindset shifts and practices to help cultivate flexibility and self-compassion.

January 2023

- **Eastern Upper Peninsula ISD professional development training workshop** – *Preventing Eating Disorders Through Our Approach to Nutrition and Physical Education*

October 2022

- **Washtenaw and Livingston ISD professional development training workshop** – *Preventing Eating Disorders Through Our Approach to Nutrition and Physical Education workshop*
- **Oakland ISD professional development training workshop** – *Preventing Eating Disorders Through Our Approach to Nutrition and Physical Education presentation*
- **Michigan’s Summit on Ending Homelessness conference** – *Non-diet Nutrition: Food as a form of self-care presentation*: 1-hour presentation geared towards caseworkers and community advocates, highlighting practical food and nutrition self-care strategies that promote a healthy relationship to food, and factor in common barriers, such as time or budget constraints.

August 2022

- **MDHHS Stay Well Program series** – [*Beyond the Plate workshop*](#): A 6-week virtual workshop that covered topics related to: Health at every size™, Intuitive Eating, emotional eating, cultural foods, emotional eating, and food as art, activism, and change.

March 2022

- **Livonia 100 Days of Health series** – *Introduction to Intuitive Eating*: A 6-week series providing an in-depth overview of each of the ten principles of the Intuitive Eating framework, which has been shown to reduce disordered eating behaviors, promote a positive self-image, and support mental and physical health.

February 2022

- **Livonia 100 Days of Health keynote presentation** – *Redefining Health*: A 45-minute presentation exploring cultural themes and beliefs around “healthy eating” and “health”. Introduced flexible, holistic, and non-diet approaches to managing health, nutrition, and wellbeing.

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Work Experience

January 2020-Present (24 hours/week)

Mary B. Wellness, LLC (Self), Ann Arbor, MI - *Registered Dietitian and Certified Intuitive Eating Counselor*

- Offers remote or in-person individual nutrition counseling. Provides client-centered and individualized care based on medical and nutrition needs. Practices with a non-diet approach, referencing Intuitive Eating and Health At Every Size™ (HAES) frameworks. Blends these principles with Medical Nutrition Therapy when appropriate.
- Designs and facilitates group programming for youth or adults, including seminars, cooking demonstrations, support groups, or workshops; and offers consulting services or professional training to institutions and organizations related to Eating Disorder prevention, Health at Every Size™, weight-neutral care, Intuitive Eating, Culinary Arts, local food systems, seasonal eating, community-centered approaches to food education, and more.
- Manages partnerships with: Livonia Recreation Center (May 2021-present) to provide one-on-one nutrition counseling and group classes/workshops; MI School Health Coordinators Association (Sep 2022-present) for teacher training throughout the state of Michigan; MI Dept of Health & Human Services Stay Well Program (May 2022-September 2023) for summer webinar series.
- Mentors interns through summer internship as well as UM School Public Health as an elective rotation that focuses on entrepreneurship, Health at Every Size, and Intuitive Eating.
- Holds the Nutrition seat on the Washtenaw Food Policy Council (Jan 2023-present). Advocates for policy change to promote food and nutrition access as well as land access.

August 2015-Present (16 hours/week)

Argus Farm Stop, Ann Arbor, MI - *Manager/Outreach/Educator*

- Currently serves as shift manager and also facilitates educational partnerships and events including Apple Scouts summer camp and Argus summer Kids Camp.
- Creates weekly educational flyers that are included in the produce box subscription.
- Educates customers about the store model and its role in our current food system.
- Serves as liaison between local farmers and consumers or other community members in an effort to build direct relationships between consumer and producer.
- Formerly managed in-store demos and organized classes. Demos featured local producers/farmers. Demonstrated how to cook with seasonal ingredients. Classes were led by community members. I would help facilitate the class and support them through the class-planning process and implementation.

February 2018-August 2019

Sprouting Chefs, LLC, Ann Arbor, MI - *Culinary Instructor*

- Led hands-on culinary classes for children 8+ years old. Occasionally led classes for college sophomores as well, in partnership with University of Michigan.
- Educated students on topics such as food safety, fundamental culinary techniques, food science, food philosophies, nutrition, and food sourcing.

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July 2012-August 2015

Michigan Medicine Health System, Ann Arbor, MI – *Clinical Dietitian & Patient Food Service Liaison*

- Permanent Dietitian for Bone Marrow Transplant and General Medicine services.
- Provided Medical Nutrition Therapy for high risk patients in a tertiary hospital system.
- Interpreted clinical lab data when determining interventions and administering nutrition support.
- Facilitated a unit-wide revision of inpatient dietary guidelines, based on available literature, to allow for an unrestricted diet in an oncology setting.
- Implemented a new hospital-wide Room Service foodservice system, serving as the point-person to 22 nursing units for communication and trouble-shooting.
- Utilized Microsoft Publisher to independently design and distribute educational materials, including weekly e-mail newsletters, posters, flyers, informational binders, and online sources to all nursing units in University Hospital.
- Co-led weekly meetings with various Nursing administration, unit managers, and staff to devise data-driven and patient-centered plans for process improvement.
- Led multiple presentations regarding project rollout findings and progress.

Education

September 2015-May 2017

Schoolcraft College, Livonia, MI – *Culinary Arts*

September 2011-May 2012

Michigan Medicine, Ann Arbor, MI – *Clinical Dietetic Internship*

September 2007- May 2011

Michigan State University, East Lansing, MI – *Bachelor's of Science (Dietetics)*

Additional Certifications

- Registered Dietitian in the state of Michigan as of September 25, 2012 (#1087732)
- Certificate in Training for Obesity Prevention, May 28, 2018.
- Certified Intuitive Eating Counselor, as of November 10, 2021
- ServSafe Food Protection Manager certified through April 10, 2029 (#25510109)
- QPR Suicide Prevention Gatekeeper Certified through November 8, 2024

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