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Biography

Simply, Julie loves *food, people, and encouraging others*. Years of being barefoot picking vegetables in the family garden, canning tomatoes with her mom, enjoying home-cooked meals, and visits to homebound, needy, and lonely people...has been the foundation for the value she holds for all three. So pursuing and embracing the field of nutrition and wellness coaching came quite organically. Julie has been blessed with the opportunity to enjoy a wide range of experiences within the nutrition and wellness profession that has shaped her practice. She has worked with hundreds of clients and spoken to hundreds of audiences where her passion is to educate, empower, and inspire others to embrace a life of wellness.

Julie's training and work-life experiences as a Registered Dietitian Nutritionist and Certified Wellness Coach allows her to uniquely integrate nutrition therapies, coaching principles, research based strategies, and compassion to help clients discover their personal wellness "best". As owner of JBS Nutrition & Wellness, Julie provides a highly personalized, integrated, and effective approach to sustainable lifestyle change. The focus is on the "whole" person when providing nutrition counseling or wellness coaching. The goal is to meet each client (or audience) where they are, and empower them to make gradual changes in behavior and mindset in order to meet their wellness goals.

Julie is passionate about supporting clients struggling with what she calls the 3 b's – *blahs, bloat, and bulge* – often the result of chronic dieting or unbalanced eating and lifestyle habits. Through partnership together, Julie's clients achieve renewed energy, confidence to make healthy food choices, and freedom from diets and despair so they may live life abundantly... nourishing body, mind, and spirit! ***Julie's Signature 5-Step ECF System*** takes clients on the journey toward lifestyle transformation so they may live life to its fullest!

~ Julie holds a B.S. in Nutrition & Dietetics and completed her internship program at the State University of New York at Stony Brook. She has a Certificate of Training in the areas of Adult Weight Management, Wellness Coaching, and Leadership. Julie's professional experiences include working as an Executive Success Coach with DM&A (Don Miller & Associates); Clinical Nutrition Coordinator and Outpatient Educator at Sarasota Memorial Health Care System; Coordinating the Outpatient Nutrition Counseling Program at Baylor University Medical Center; working as a consultant to Tom Landry Fitness Center; Director of Education at Bariatric Surgery Center of Dallas, co-founder of AEON Health, and working with local media.

Julie lives in Sarasota Florida with her wonderful husband. She enjoys long bike rides with her hubby, walks on the beach, growing veggies and herbs in her earth boxes, yoga to keep her "breathing", visiting new places and meeting new people, and early Sunday morning runs! She is also passionate about volunteering and supporting a local non-for profit, Selah Freedom, whose mission is to confront the issue of human trafficking and exploitation through advocacy, training and restorative services.