

## Introducing your Wellness Program dietitians...

**Jennifer Patzkowsky**, MS, RD/LDN, holds a master's degree in Nutritional Sciences with an emphasis in Health Promotion and a bachelor's degree in Exercise Science. She is a registered dietitian and is licensed by the State of Florida as a dietitian and nutritionist. Jennifer also has a Certificate of Training in Adult Weight Management from the American Dietetic Association. As a registered dietitian with the Polk County School Board Wellness Program, Jennifer coordinates the New L.O.S.E. activities and teaches nutrition classes on a wide variety of topics. She also provides nutrition counseling for all school board employees. Jennifer is a member of the American Dietetic Association and Florida Dietetic Association.

**Allison Sullins**, RD/LDN is a registered dietitian with a B.S. in Dietetics and Hospitality Management. She graduated summa cum laude from Western Kentucky University. She completed some graduate work through her dietetic internship at the University of Kentucky. As a dietitian with the Polk County School Board Employee Wellness Program, Allison is in charge of the March of Dimes Healthy Babies Program and assists with the ABCs of Diabetes and New L.O.S.E. activities. She conducts individual nutrition counseling sessions and teaches nutrition classes on a wide variety of topics. Allison also heads up seasonal walking programs for the employees to help encourage physical activity. Allison is a member of the American Dietetic Association, Florida Dietetic Association, Tampa Dietetic Association, and the Tobacco Free Partnership of Polk County.

**Janet Armitage**, RD/LDN, earned her BS in Dietetics and a Graduate Certificate in Dietetics from the University of Rhode Island. She is licensed by the State of Florida as a registered dietitian and nutritionist. Janet oversees the PCSB ABCs of Diabetes Program, through which she educates school board employees, their families and retirees about medical issues, nutrition and other health concerns related to diabetes. She also provides health assessment, evaluation, counseling and disease management for the ABCs participants. Janet earned a Certificate of Training in Adult Weight Management from the American Dietetic Association. Janet is a member of the American Dietetic Association and Florida Dietetic Association.