



APTA
District of Columbia

*Fall
Membership Meeting*

**Understanding the Role of
Nutrition in Health and Chronic
Disease Management:
A Practical Approach**

Speaker

Ashley Jarvis, MS, RDN, LD

**This Course Will Satisfy 2 of the 4 Hours of CE
DC Licensees Need Each Renewal Cycle in
Public Health Priorities**

FREE FOR APTA DC MEMBERS

\$75 FOR NON-MEMBERS

NOVEMBER 8, 2022 - 7-9:30 PM

VIRTUAL - VIA ZOOM

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COURSE DESCRIPTION

In today's diet culture it is hard to know what's healthy and what's not. It often seems like nutrition experts are constantly changing their recommendations and rarely express consensus. Every other week there is a new book or social influencer touting a new diet that will result in weight loss, optimal health, and longevity. Trying to keep up will leave your head spinning. This presentation will provide clarity around diet and health, and provide practitioners with recommendations and resources to better inform patient care and practice.

ABOUT THE SPEAKER

Ashley Jarvis, MS, RDN, LD is a Registered Dietitian Nutritionist specializing in chronic disease management through diet and lifestyle changes. In 2020, Ashley moved from Washington, DC to her home state of North Carolina where she continues to see patients through private practice, and develop educational materials and courses. Ashley treats each patient as an individual and works with them to create specific, incremental, and achievable goals. She believes food is medicine and that diet should be a component in most, if not all, treatment programs.



Ashley completed her Dietetic Internship and Masters of Science in Nutrition at Meredith College and her Bachelor of Science in Biology and Nutrition at North Carolina State University. Ashley is also a classical Pilates Instructor and avid recipe developer.