



Julie Halpin, Certified Nutrition Consultant

## G.A.I.N.S. Profile

### Goals

- Empower others to take charge of their health and make the connection between eating nutritious food, living a healthy lifestyle, and creating joyful vitality in their lives
- Support people in reaching their health goals and feeling great
- Provide consulting services to employees in the corporate setting

### Accomplishments

- Graduated from Occidental College (Los Angeles) with Advanced Bachelor's Degree
- Member of Mortar Board National College Senior Honor Society
- Studied at the Sorbonne in Paris for Junior year in college
- 8 years in Marketing for the specialty food industry, lastly as Brand Manager for Ghirardelli Chocolate Co.
- Graduated from 2-year certificate program in Holistic Nutrition at Bauman College in Penn Grove
- Taught Digestive Physiology at Bauman College
- Started private nutrition practice in 2006

### Interests

- Cooking
- Travel
- Music and film
- Hiking, camping
- Training for and competing in sprint triathlons
- Gardening
- My family!

### Networks

- National Association of Nutrition Professionals ([www.nanp.org](http://www.nanp.org))
- BNI

### Skills

- Good listening skills and ability to empathize
- Excellent understanding of nutrition, supplements, and functional lab testing
- Analytical, detail-oriented, and thorough