



Brooke Dickson

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Health Coach
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Quick Facts:

- I received my Bachelor's Degree of Science, majoring in Nutrition, from the University of Georgia. After working for 3 years as a Nutrition Technician in a hospital setting I decided to go back to school in order to become a Registered Dietitian.
- I received my Master's Degree of Science, majoring in Nutrition, from Georgia State University. During this time, I was also able to complete an ACEND-accredited dietetic internship in order to become a Registered/Licensed Dietitian Nutritionist (RDN) in the state of Georgia.

Fun Facts:

- For fun, I enjoy spending quality time with my family and friends. Whether we are making dinner and watching movies, going thrift shopping or grabbing a quick lunch, as long as I am amongst great company with good conversation, I am happy.
- I also love to travel and I stay active by exercising and participating in local boot camps.

What can I offer you as your CHP Health Coach?

As a nutrition expert, I want to help society understand the role nutrition plays in both healthy and disease states. I have the tools to educate and counsel clients in reference to wellness and nutrition. As a Health Coach and Registered Dietitian, I want to contribute my expertise and knowledge by improving the health outcomes of my future clients.

What do I like best about being a successful Health Coach?

Forming strong relationships and trust between myself and clients.

My personal nutrition secret:

Eat with intention.

My personal exercise secret:

Focus on the outcome, not the act.