



“Health is about addressing the whole person, including body, mind and spirit.”

~Jody Dotson

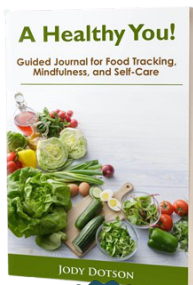
NUTRITION EDUCATOR | BOARD CERTIFIED HEALTH COACH | SPEAKER | AUTHOR

ABOUT JODY DOTSON

Jody Dotson is a nutrition educator, board-certified health coach, speaker & author. Her education, professional experience, and passion to serve others has equipped her with extensive, evidence-based knowledge in nutrition-education programs, and health and wellness coaching.

Jody D Health Coach, LLC is certified as a Minority Women-Owned Business Enterprise (M/WBE). Jody Dotson designs programs, group coaching, and customized one-on-one sessions to clients ready to make a major life change. She guides motivated individuals to regain their energy, bring balance to their life, and feel great in their body. Adopting a “food as medicine” approach, she helps her clients utilize the health benefits of whole foods to feed and heal their bodies. What inspires her is empowering people with tools to improve their lifestyles and then seeing them better their health and their families health.

Jody’s book, “A Healthy You! Guided Journal for Food Tracking, Mindfulness, and Self-Care” is designed to support and guide people to identify better food choices, lifestyle changes, and how to stay focused on goals, lose weight and feel great!



SPEAKING TOPICS

- *Health and Wellness Beyond The Norm: Understanding Your Body in Real Life*
- *Supporting Immune Health Through the Pandemic*
- *Sugar is the New Enemy: 10 Ways to Kick the Sugar Habit*
- *Eating For Energy: 5 Ways to Balance Your Energy*
- *Do What You Love: Transitioning From Corporate to Entrepreneurship*



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