



# MICHAEL ANDERSON

Holistic Geriatric Nutritionist

Dynamic Geriatric Nutritionist with a focus on holistic approaches to nutritional care for elderly individuals. Significant experience in providing direct patient care, emphasizing personalized nutrition plans that consider both physical and emotional well-being. Proven ability to develop and implement programs that foster healthy eating habits among seniors, enhancing their overall quality of life.

## WORK EXPERIENCE

### Holistic Geriatric Nutritionist

2020-2023

Wellness for Seniors

- Provided holistic nutritional assessments to elderly patients.
- Developed individualized dietary plans focusing on whole foods and lifestyle changes.
- Conducted group sessions to promote healthy eating among seniors.
- Collaborated with mental health professionals to address emotional eating.
- Evaluated patient satisfaction and program effectiveness.
- Organized community health fairs to raise awareness about nutrition.

### Nutritional Health Advocate

2019-2020

Elderly Care Community

- Advocated for improved nutritional policies within senior care settings.
- Conducted surveys to assess dietary needs of community seniors.
- Developed educational content on the importance of nutrition.
- Engaged with local stakeholders to promote healthy choices.
- Facilitated workshops on cooking and nutrition for seniors.
- Collaborated with dietetic interns to enhance program delivery.

## ACHIEVEMENTS

- Increased community engagement in nutrition programs by 60%.
- Recognized for innovative approaches to geriatric nutrition.
- Developed a successful workshop series on holistic eating for seniors.

## CONTACT

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## EDUCATION

### Bachelor of Science in Holistic Nutrition

University of Holistic Health  
2016-2020

## SKILLS

- Holistic Nutrition
- Patient-Centered Care
- Community Advocacy
- Program Development
- Group Facilitation
- Patient Satisfaction

## LANGUAGES

- English
- Spanish
- French