

FIGHTING CHRONIC DISEASE WITH NUTRITION & FITNESS

MEET THE PANEL

Nicole Aucoin, MS, RD, LD/N

Founder, Healthy Steps Nutrition & HSN Mentoring

Dr. Shakha Gillin, MD, FAAP

Founder of The Warrior Clinic

Dr. Julie Foucher, MD

Founder of Pursing Health

Karen Thomson

Founder of SugarFree Revolution

Moderator: Ashley Osterman,

Director of Nutrition Education, Healthy Steps Nutrition & HSN Mentoring

1. WHAT IS CHRONIC DISEASE?

2. WHAT CAUSES CHRONIC DISEASE?

3. HOW DOES NUTRITION PLAY A ROLE WITH CHRONIC DISEASE?

4. HOW DOES FITNESS PLAY A ROLE WITH CHRONIC DISEASE?

5. WHAT OTHER FACTORS INCREASE RISK OF CHRONIC DISEASE?

6. WHAT CAN GYM OWNERS DO WITHIN THEIR LOCAL AFFILIATE?

ONE ACTIONABLE STEP YOU CAN TAKE TO PREVENT CHRONIC DISEASE



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KAREN THOMSON

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DR. SHAKHA GILLIN, MD

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NICOLE AUCOIN, MS, RD, LD/N

Gym Owners: Learn About HSN Mentoring >>[HERE](#)

HSN Mentoring provides a turn-key solution to building a nutrition program for gym owners and nutrition coaches without reinventing the wheel.

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