

From working in hospitals to working with the media, I have well over a decade's worth of experience in the health and wellness world.

I take a non-diet, weight-inclusive and holistic approach to nutrition and health, meaning I believe all foods fit, all bodies are good bodies, and people need nourishment on all levels — physical, mental and emotional.

One of the best parts of what I do is partnering with brands and companies with mutual values and philosophies.



MS, RD, RYT

Nutrition & Yoga Media Consultant

As Seen In

GOOD HOUSEKEEPING

SHAPE

HUFFPOST

Spirituality Health

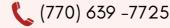
Todayś**Dietitian** 

RUNNER'S WORLD

verywell

As a longtime professional communicator and lover of words, I believe words have the power to inspire, uplift and evoke change.

As a brand or company partner, I cut through the clutter of nutrition and wellness information. I provide sciencebased and compassionate insight, so your audience can make informed, nourishing choices.





## **SERVICES**



Blog posts & articles F-book creation Webinar presentations Social media engagements Nutrition & yoga videos Healthcare practitioners' toolkits Nutrition media consulting & advisement Yoga & mindfulness workshops Print & online media interviews Tips & quotes for press releases

"We have frequently tapped Caroline to write various content pieces for the website focusing on health and wellness at nationalpeanutboard.org. She has also done a wonderful job with our virtual conference offerings this year. Caroline has led a few virtual yoga/education sessions focused on peanut and peanut butter nutrition. Our attendee feedback after events with Caroline are always very positive!"

- Jada, National Peanut Board

"Caroline is a delight to work with! We first hosted her for a virtual Wellness Break in March, which had a 100% satisfaction rate and left employees hungry for more. Two months later, we brought her back for a nutrition segment on our Day of Wellness. She had a visuallyappealing presentation, and she made the content easy to digest. I have recommended Caroline to my colleagues and we look forward to working with her again!" --Lauren, Discover Credit Card



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engagment



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@Caroline L. Young, MS, RD, RYT