

Erin is a registered dietitian who completed both an undergraduate and graduate degree in Exercise Physiology from East Stroudsburg University, received a master's degree in Sport Nutrition and Exercise Science from Marywood University, and completed her dietetic internship from University of Houston. Prior to coming to Kingley Health, Erin worked in the sector of corporate wellness, gaining experience in providing exercise prescriptions, nutrition education, and instructing group exercise classes. In her free time, Erin enjoys cooking, baking, traveling, and training for numerous running events, especially half marathons and marathons.