

Theresa is a Registered Dietitian, licensed by the State of Pennsylvania. She holds a Nutrition Science degree from Drexel University and completed her Internship at the Hospital of the University of Pennsylvania. She has served as a Board member of the American Dietetic Association's (ADA), Dietetic Practice Group, Nutrition Entrepreneurs; and is a member of ADA's Sports, Cardiovascular and Wellness Nutrition (SCAN) group.

Theresa has practiced Clinical Nutrition at Albert Einstein Medical Center and Temple University Hospital in Philadelphia, PA. In addition, she has served as Adjunct Professor at area colleges; was Spokesperson for the American Cancer Society's Philadelphia Chapter and received their Volunteer of the Year Award. She has recently joined Kingley Health to pursue her passion for health and wellness.

Theresa believes Nutrition Wellness is fundamental to good health. She utilizes Motivational Interviewing to achieve behavioral change in managing chronic diseases, including: hypertension, diabetes, heart disease, obesity, and eating disorders.

Her special interest include Sports Nutrition and enjoys playing competitive tennis, reading and spending time with her two children and husband in Wayne, Pennsylvania.