

Lacy Davidson is an Integrative and Functional Registered Dietitian Nutritionist, Certified Diabetes Educator, Registered Yoga Teacher, Organic Farmer, and recognized Young Dietitian of the Year with roots that run deep in the heart of Appalachia. Being born and raised in rural West Virginia is one of her most valued attributes and has laid the foundation for the birth of her brand, *Nourish Appalachia*.

Lacy received her bachelor's degree in Biomedical Science from Marshall University, and pursued her master of science degree in Nutritional Science and Dietetics at Loma Linda University, a Blue Zone in Southern California.

Returning to her beloved mountain home, Lacy established her practice as the Chief Registered Dietitian Nutritionist at Huntington Internal Medicine Group in Huntington, WV and recently established two additional offices to serve both urban and rural areas, counseling patients with various medical conditions emphasizing a food as medicine philosophy.

In addition to sharing her passion of human nutrition and helping to build sustainable food systems in West Virginia, Lacy also leads community yoga classes, teaches an Integrative Medicine and Functional Nutrition course at West Virginia University, serves as a wellness consultant for non-profit & for profit organizations, and provides community & professional lectures on various nutrition, health & wellness related topics across the country.

As a nutritionist, educator, yoga instructor, & Appalachian farmer, Lacy's passion is to help people help themselves. Weaving together the faculties of modern science, ancient wisdom, & cultural traditions, she strives to meet people where they are on their journey toward health & wellness, sharing advice & mindfulness based practices to help others achieve their maximum human potential.

Second to organic farming and teaching, Lacy finds joy in serving on the board of two very special non-profit organizations. One, which she co-founded, ACCESS WV is built on a mission of helping to build prosperous communities through promoting outdoor recreation, sustainable food systems and preservation of mountain culture. The other, The West Virginia Academy of Nutrition & Dietetics, Lacy currently serves on the board as the Council on Professional Issues.

This year marks 75 years of *'Registered Dietitian Nutritionists bringing the science of food and nutrition to tables across the Mountain State.'* Lacy joyfully refers to her position on the board as 'glorified party planner' and 75 years of an organization that has stood the test time while transforming the access of nutrition education and food science in West Virginia, that calls for a celebration! A celebration too important to only share with fellow dietitians, but an occasion that we hope you will join us to commemorate!

Please mark your calendars for May 11th, 2017. There we will be joined by the Academy of Nutrition and Dietetics Vice President as we celebrate the 100 year anniversary as a national organization. The annual West Virginia Academy of Nutrition and Dietetics Conference and 75th Anniversary Gala will be held in Huntington, WV. The conference will be two-day event, filled

with world renowned speakers and exhibitors. Both the conference and gala will feature not only global leaders but more importantly some of West Virginia's finest, with a highlight on fresh from the farm, locally sourced food and entertainment.

Please direct all conference questions to Lacy Davidson by email, LacyDavidson@me.com or by phone, 304.633.0675.

We look forward to celebrating and forging partnerships with you, to continue strengthening the foundation for the next 75 years of food and nutrition excellence in West Virginia!



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