

RESUME

AREAS OF EXPERTISE

Integrative Health & Wellness Presentations
Yoga & Mind-Body Trainings
Professional Development Programs
Award-winning Health & Medical Writing

Curriculum Design & Development
Strategic Communications Planning
Integrated Social Media Community Building
Therapeutic & Motivational Life Counseling

KEY CLIENTS & POSITIONS

2010 - present

Lead Nutritionist

Kripalu Center for Yoga & Health - Stockbridge, MA
Inspire groups and individuals on the science and practice of yoga and whole food as medicine. Develop and lead integrative health programs.

2009-2010

Senior Nutritionist

Theralogix LLC - Rockville, MD

1989- present

Health and Medical Consulting Educator and Writer

Clients include:

Nantucket Nutrition Action - *Project Director*

Massachusetts Department of Public Health - *Media Campaign Management*

Fleishman-Hillard Inc. for Ocean Spray Cranberries, Inc. - *Spokesperson*

Proctor & Gamble Healthcare Consumer Institute - *Speaker*

Nantucket Health & Spirituality Conference - *Event & Program Management*

The Early Childhood Center of Nantucket - *Speaker & Nutrition Consultant*

Cape Cod Healthcare - *Public Health Project Initiation & Management*

Yahoo.com - *Medical Editor* Biomed, Inc. - *Medical Writer*

Boston Scientific, Inc. - *Medical Writer* Yahoo.com - *Medical Editing*

AmericasDoctor.com - *Medical Writer* OneBody.com - *Medical Writer*

Advantage Healthcare for Johnson & Johnson, Inc. - *Medical Writer*

Integrative Medicine Communications - *Medical Writer*

Cooking Light Magazine - *Food and Travel Writer*

South End News/Bay Windows - *Dining Out Reporter*

1996 - 1999

Director, MA Osteoporosis Awareness Program

1997 - 1999

Acting Director, Nutrition and Physical Activity Programs

Massachusetts Department of Public Health - Boston, MA

Directed statewide nutrition, physical activity and chronic disease prevention initiatives. Managed half-million dollar budget, advisory & community relations, media, grant-writing and strategic planning.

- 1994-1996 **Manager of Nutrition Education and Communications**
Nutritional Restart Centers - Hopkinton, MA
- 1987-89 **Account Executive**
Aigner Associates Public Relations- Belmont, MA
- 1992 **Sous Chef**
MS/V Alta - St. Thomas, USVI

EDUCATION

- 1987 M.S. Boston University Nutrition Communications
1983 B.S. Cornell University Nutritional Biochemistry

Certifications, Post-Graduate and Ongoing Study

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| 2013 | Earth Partner Education Center/Pam Montgomery | Plant Spirit Healing Certification |
| 2003 | The Yoga Studio/Barbara Benagh | Yoga Teacher Certification, 300 hr |
| 1999 | Kripalu Center for Yoga & Health | Yoga Teacher Certification, 250 and 500 hr |
| 1998 | CDC National Center for Social Marketing | Social Marketing Intensive |
| 1995 | Kripalu, BSK Iyengar, and Interlight Centers | Iyengar, Kripalu, Astanga Yoga Training |
| 1995 | American Society of Parenteral & Enteral Nutrition | Certification in Nutrition Support |
| 1993 | American Dietetic Association | Dietetic Registration (RD) |
| 1991 | Harvard University Extension | Advanced Journalism Workshops |

SELECTED ORIGINAL RESEARCH: ABSTRACT & PRESENTATION

Former name: Annie Wilde

Wilde, A, et al. "Focus Group Research in Targeting Osteoporosis Prevention Programs and Activities." CDC Chronic Disease Prevention Conference. Washington, D.C. December 1997.

Wilde, A, et al. " Focus Group Research In the Development of Osteoporosis Prevention Materials for Seniors." American Dietetic Association Annual Meeting & Exhibition. Boston. October 1997.

SELECTED PROFESSIONAL PRESENTATIONS

Presenter/Senior Faculty. Kripalu Center for Yoga & Health. Stockbridge, MA. 2010 – Present.

Programs: Integrative Weight Loss, Detox for Health, Skillful Living with Diabetes, Digestive Health, and others.

Keynote. WIC NYS Regional Conference. "Mindful Eating: Evidence and Clinical Application." Spring 2015.

Co-Presenter. "Yoga in Health and Disease: Psychophysiological Mechanisms and Applications." Academy of Nutrition and Dietetics, Food and Nutrition Conference and Exhibition. October 2016. October 2014. October 2012.

"East West Weight Management." 2005 Kripalu Yoga Teachers' Conference. Stockbridge, MA. October 2005

Presenter. "Physical Activity and Health - A New Paradigm of Active People in Active Communities." The Healthy Communities 2000 Project. Plymouth, MA.



June 1998.

Presenter. "Osteoporosis Prevention." MDPH Elder Fitness Conference. Boston, MA. October 1997.

Presenter. "5-a-Day for Better Health." National Head Start Association, 24th Annual Training Conference. Boston, MA. May 1997.

Presenter. "Health Promotion, Nutrition, and Osteoporosis Prevention in Massachusetts." National Youth Leadership Forum on Medicine. Boston, MA. June 1997.

Section Facilitator. Nutrition for the MD. University of Massachusetts at Worcester Medical School. Worcester, MA. Winter 1996.

Speaker. "Using Your Gut to Optimize Absorption." The Oley Foundation Annual Patient Conference. Boston, MA. Spring 1996 and Memphis, TN. Spring 1995.

SELECTED MEDIA APPEARANCES

National

PBS. Yoga & Diabetes. Spring 2016.

NPR Radio. Fall 2015, Fall 2013.

CNN Segment on malabsorptive disorders. Spring 1994.

Ivanhoe Broadcast News. Segment on malabsorptive disorders. Fall 1994.

Ivanhoe Broadcast News. Segment on eating disorders and osteoporosis later in life. Fall 1998.

Regional

WCVB-TV. Segment on osteoporosis and Hispanic women. Spring 1999.

WWLP-TV. Segment on Osteoporosis Awareness Week in Western Massachusetts. Spring 1998.

WRKO-AM. Interview on Osteoporosis Awareness Month Activities. Spring 1998, 1999.

SELECTED PUBLICATIONS AND PROJECTS

Kay, A. and Nelson, L. *Yoga & Diabetes: Your Guide to a Safe and Effective Practice*. Trade Paperback, June 2015. American Diabetes Association, Alexandria, VA.

Kay, A. *Every Bite Is Divine*. Trade Paperback. February 2007. Life Arts Press, Cambridge, MA. Finalist, Ben Franklin Awards, Nautilus Awards, and USA News Best Books Awards.

Kay, A. *Yoga and Meditation: Tools for Weight Management*. Book-length CEU program. Second Edition Summer 2011, First Edition July 2005. Wolf Rinke Associates. Baltimore, MD.

Forman, H., R.D., C.N.S.D., Tu, N., R.D., C.N.S.D., Wilde, A., M.S., R.D., C.N.S.D. "The Nutritional Restart Center: A New Approach to Treating Patients with Malabsorptive Disorders." *Support Line Publication of Dietitians in Nutrition Support*. VolXVI II#1. February 1996.

Corrigan, D., Shabert, J., and Wilde, A., M.S., R.D., C.N.S.D. *Living Lactose Free Cookbook and Food Guide*. Corrigan Press. 1995.

Wilde, A. "Trials of a Tenderfoot." *Cooking Light Magazine*. May 1994.

Wilde, A. *The South End News/Bay Windows - Food & Health Column* 1990.



Getting Fresh: Specialty produce growers help restaurant chefs 'get fresh'.
"The Great Outdoors: Head outside for the best dining under the sun."
"Lean to the Lite: As the weather warms, less caloric eating gains appeal."

Wilde-Baltz Video Productions. "The Natural Choice"

Breastfeeding promotion video project for WIC of MA. Spring 1993. Original Project
Presenter. American Dietetics Association Annual Meeting & Exhibition. 1993.

ORGANIZATIONS & ADVISORY COMMITTEES

Fmr Chairperson, Nantucket Council for Human Services

Fmr. Advisory Comm. to the NIH Osteoporosis & Related Bone Disorders Resource & Info. Center

American Dietetics Association/Massachusetts Dietetic Association: Fmr Education Chairperson

Dietitians in Integrative & Functional Medicine - Nutrition Entrepreneurs

Kripalu Yoga Teachers Association - Yoga Alliance

References available upon request.

Contact: annie@anniebkay.com

