



SoulFIRE Health

ABOUT

Erin Nugent, RD

Erin Nugent is a Registered Dietitian with a bachelor's degree in Nutrition and Dietetics from Northwest Missouri State University.

Erin has turned a passion for health and wellness into a career. Registered and licensed in Kansas, she enjoys consultation and teaching condition-based nutrition in the health system. In her Dietetic Internship, she experienced the importance of access to dietitians and nutrition guidance. The distance program allowed rotations among many institutions within Kansas City. Erin also gained experience in working within acute clinical settings, post acute and long-term care, as well as community health outreach. She currently works full time as a registered dietitian for her local health department, providing nutrition education and breastfeeding support to low income families.

Erin has been working with 5D strategies and the SoulFIRE Health Team since 2019. She reviews and creates content in support of other health professional endeavors to be successful in their fields of study.
