



SoulFIRE Health

ABOUT

Sarah Bigbee, RD

Sarah is a Registered Dietitian living in Oregon. She received a bachelor's degree from the University of Maryland, having spent her supervised practice in a post-acute, rehabilitative care setting. Since that time, she has developed a broad clinical experience, including hospital inpatient, behavioral health, residential care, and home health settings. Sarah has had the opportunity to offer education for mindful eating, weight loss, diabetes, and chronic heart disease.

She is passionate about working on the board of directors for the Bend Farmers market, focusing on food accessibility for all. During COVID-19, she joined a preparatory homeschooling program, where she is integrating her natural love for education, nutrition, and health for kids.

As Sarah joins the team at SoulFIRE Health, she is excited to share her knowledge and passion for nutrition health.
