

# RMA Oklahoma Chapter

## Women in Banking

### Event Details

**TULSA**  
**Thursday**  
**December 8, 2016**

11:30 am – 1:00 PM

Bank SNB  
1500 S Utica  
Tulsa, OK

**OKLAHOMA CITY**  
**Friday**  
**December 9, 2016**

11:30 am – 1:00 PM

Valliance Bank  
1601 NW Expressway,  
Suite 100  
Oklahoma City, OK

### **COST:**

\$15 including lunch

**Sign up at:**  
**RMA Oklahoma Chapter**

## Healthy Eating on a Hectic Schedule

Long work hours, meetings, and other obligations can wreak havoc with our food habits despite our best intentions.

Please join us as experts provide advice for balancing healthy eating practices with our busy schedules.

### **Tulsa Presenter**

**Sharon Stroud**, Certified Nutritionist, Lifestyle Educator, and now Healthy Eating Coach has over 32 years of experience in the natural foods industry. She received her Certified Nutritionist certification in 1985 from the National Institute of Nutritional Education/American Health Science University while working for Akin's Special Foods. She received her Lifestyle Educator certification from Metagenics in 2008 while working for Whole Foods Market.

She has extensive knowledge of whole foods and food preparation. She worked for Akin's Natural Foods in Tulsa in various positions including management for 10 years. She also managed two Natural Health Clinics for Dr. Terrance Sullivan. She started with Wild Oats Market as the Natural Living Manager in 1999 and set up the nutritionist department for the Tulsa store several years later. She was the media spokesperson for Wild Oats/Whole Foods and had regular cooking segments on KOTV and FOX for 14 years. She then started Sharon's Nourishing Kitchen in October of 2015.

### **Oklahoma City Presenter**

**Karen Massey** RD/LD has been the Community Nutrition Coordinator for INTEGRIS Health since 1990. As such, Karen's primary role is helping people (employees, outpatients, members of the surrounding community) prevent or delay chronic disease by making healthier food choices. Karen provides education to a number of INTEGRIS resources including Senior Health Services, PACER Fitness Services, Health Essentials programs, plus an array of community programs and organizations that serve populations who may be at risk for developing chronic disease.

Karen has been involved in community nutrition since 1983, when she completed her dietetic internship at Oklahoma State University. Karen received her undergraduate degree from the University of Northern Colorado in 1982. Karen is a member of the American Dietetics Association, The Oklahoma Dietetics Association, and is a member of the Sports and Cardiovascular Nutrition practice group.



**JOIN. ENGAGE. LEAD.**