

Behavioral Health Nutrition

a dietetic practice group of the
eat right. Academy of Nutrition
and Dietetics



Member Name and Credentials:

Angie Wallick, MS, RDN, LDN, CEDRD

Current Position:

Owner/Nutrition Therapist at Memphis Nutrition Group

How long have you been a RDN?

10 years

How long have you been in the Behavior Health Nutrition area?

4 years

Why did you join BHN?

To be honest, I did my fair share of DPG jumping as a new RDN and never really was able to fit in with other practice groups. It took me a good amount of time to figure out what I wanted to be when I grew up as a dietitian. A private practice opportunity was placed on my plate and so I was hungry for more information and that's why I decided to see what BHN was all about. My first opportunity to spend face to face time was at a FNCE networking breakfast and I left thinking "these are my kind of people" 😊 I want to hang around them more! I practice as an anti-diet dietitian and the colleagues that I admire most are in BHN in which I continue to learn and grow from professionally.

How has BHN helped you professionally?

BHN is part of my tool box of resources and networks to help me grow as a professional and provide the best possible care to my clients. Not to mention, I love the social aspect as well 😊

What do you think other RD's should know about BHN?

You belong in BHN if you are a clinical dietitian in a large hospital system, community nutrition program or any outpatient nutrition setting. There is no doubt that you will come across patients/clients that struggle with disordered eating, addictions and mental health. Even if it's

not your area of expertise, BHN can help you help your clients on their journey, as well as provide you with a network of skilled RDNs to refer to and grow you as a professional.

A little about me

I love to find a balance in movement and rest. I enjoy running and cycling with friends, yoga (which I hope to incorporate more into my practice in the future), gardening, or simply hanging out on my front porch swing with my Goldendoodle Wally in midtown Memphis.