

**Susan Karpel, MS, RDN, LD**

Susan is a registered dietitian nutritionist and a certified wellness coach. She earned her master's degree in nutrition from Texas Woman's University (TWU) and is currently pursuing her doctorate degree in health studies, with a minor in nutrition.

Susan has a diverse background. She has worked as director of food and nutrition in both the hospital and long-term care settings. She also has experience in worksite wellness, working at a weight loss center and at W.I.C. (Women, Infants & Children). Susan is very passionate about health and wellness, and loves helping others reach their personal health goals.

She is in private practice as an RDN / Wellness Coach. She also currently teaches at TWU in addition to her consulting business. Susan lives in Denton with her husband, two dogs, and a cat. They have three adult children who live in Austin, Texas and Toronto, Canada. Susan and her husband love to travel, workout, and work in their "totally organic" garden.