



MGM NUTRITION SERVICES

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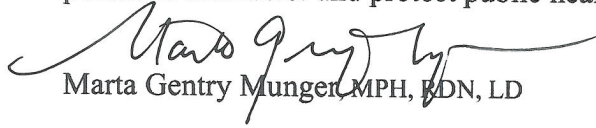
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To Whom It May Concern:

Carole Farina is known to me through our work together at the Los Alamos National Laboratory Wellness Center. We were both hired to develop and implement evidence-based nutrition and wellness programs for Laboratory employees. Our goals were to improve the nutritional health and well being of employees, through dynamic group classes, incentive programs and individual consultation. Our target audience was as diverse as the surrounding communities, and included a wide range of ethnic, cultural and education backgrounds. Carole easily and creatively met the challenges of working with this scientific and diverse population.

Together we planned and interactively taught nutrition classes based on recommended nutrition standards of care for weight management and chronic disease prevention. Carole's educational background, training and experience were a great asset to these classes. She was able to translate nutrition science in to effective, flexible eating and activity plans for healthier lifestyles. She encouraged new ideas and fostered individualized approaches to lifestyle change. She was energized by our team teaching approach, and worked well with other fitness and health promotion staff in the Wellness Center. We sought continuing improvement through systematic assessment, participant evaluation and program evaluation. Carole was thorough in data collection, validation and results interpretation, and always well ahead of report deadlines.

Carole excels in developing imaginative but realistic goals, adherence to objectives-oriented timelines and organization. She approaches each individual with compassion and professionalism. Our individual strengths and commonality made for a great team dynamic. I do not hesitate in recommending her for nutrition positions that foster and protect public health.



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