

Meet Our Dietician . . .

Her Nutrition Motto is: “Healthy eating is easy, enjoyable, and tastes great!”

Sharon has a Bachelor’s degree in nutritional sciences from Texas A&M University and a Master’s degree in food and nutrition from Southern Illinois University at Carbondale. Sharon became a registered dietitian in 1998 and a certified diabetes educator in 2007.



"Nutrition Philosophy"

Healthy eating begins at home. Teach your children healthy eating habits and promote an active lifestyle so they will grow into healthy adults. Sharon believes that by making small dietary and lifestyle changes, you can achieve your overall nutrition goal and will be able to maintain those healthy habits for a lifetime.

SHARON DELA PENA