

Meet Megan McDermett



A registered dietitian, Megan McDermett has a passion for helping people realize that food should be celebrated and savored, not feared or avoided. She believes that a diet based on whole, minimally processed foods and

ingredients, in combination with regular physical activity, is the key to a healthier body and mind. As a health coach, she encourages and challenges clients to grow and succeed so they can live their best, most fulfilling life. Megan has experience coaching and mentoring people of all ages. She is committed to working with clients to better manage and improve their health and wellness.

About Megan

- Registered dietitian
- Bachelor's degree – University of Georgia
- Dietetic internship – IUPUI
- Pure Barre instructor in downtown Indianapolis

Visit Megan at Wayne Wellness for:

- Individualized nutrition and wellness consultations
- Disease management; disease prevention education
- Accountability with goal setting/behavior change

To schedule an appointment with Megan McDermett, call **317.536.2200** or email **mmcdermett1@IUHealth.org**.



Indiana University Health