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Dr. Thompson is Professor of Nutrition and the Director of the Nutrition Program at Weber State University, where she has been for 27 years. Because the Department of Nutrition is housed in the School of Health and Human Performance, Dr. Thompson has had the opportunity to reach out to young adults and share sound strategies for promoting lifelong good health.

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Bio. Nancy is the founder of Your Life Nutrition. Having been in practice for over 25 years, Nancy is a nationally recognized pioneer and expert in eating disorder care and recovery. Nancy's work with

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