

MEGAN HADLEY

Megan Hadley, MS, RDN, and LDN is a nutrition therapist and owner of Simple Nutrition, a nutrition counseling clinic in Greensboro, NC. She believes that all bodies are good bodies and that from cake to kale, all foods are good foods. After helping hundreds of clients recover from diet culture, Megan knows that when women begin to 'fork the food rules' and focus on more of what really matters to them, they thrive in all areas of their life.

When she's not working, Megan enjoys spending time with her husband and two daughters. She loves cooking, traveling, long naps, good wine, and french fries. Megan finds her strength, both personally and professionally, rooted in her deep faith in Christ, as she knows she was created to live a life of abundance and to help other women believe and discover that, as well.

GENERAL TOPICS

- Intuitive Eating
- Faith and Diet Culture
- Diet culture and its impact on body image and self-worth
- Healthy Habits of High-Achieving Women
- Feeding Your Family - A Division of Responsibility

SAMPLE QUESTIONS

- What is intuitive eating and how does it differ from the most popular eating plans?
- What's the first step toward a healthy relationship with our bodies and with food?
- Can you share the most common pitfalls of failed healthy habits with high-achieving women?
- What are your top strategies to manage the guilt and shame that some women feel about not achieving health goals?
- How do you connect scripture into supporting an enjoyable approach to eating?



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CONTACT

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