



Cassie Christopher, M.S., RDN, CD

**Registered Dietitian Nutritionist
Cassie Christopher Consulting
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Cassie Christopher is a registered dietitian nutritionist and workplace well-being consultant. She has a bachelor's degree in business with a focus on entrepreneurship from the University of Washington and a master's degree in nutrition from Bastyr University. Cassie earned the Certificate of Training in Pediatric and Adult Weight Management and Obesity and has completed post-graduate training in corporate wellness. Cassie is a dynamic speaker and educator with a gift for humor and passion for well-being. In a world where people are routinely overloaded with information and feel they have little bandwidth for changing habits, Cassie personalizes her audience's education so they can immediately implement her advice. Cassie tailors her presentations to be relatable to a wide variety of people and job functions, with extensive and varied speaking experience, ranging from over 1,200 viewers at T-Mobile to break room functions for non-desk workers. In her role as a well-being consultant, Cassie is skilled at identifying the needs of all stakeholders and creating solutions that support organizations' goals and profitability while honoring the human need for connection, belonging, and health. Cassie's consulting work ranges from designing custom wellness programming to redesigning on-site café menus and supporting leaders to prevent burnout. As a registered dietitian, Cassie provides Medical Nutritional Therapy, both one-on-one and in groups. She is the founder of the Take Good Care Model and specializes in helping individuals reconnect to their bodies' innate goodness. Through leveraging the nervous system and self-compassion to foster sustainable behavior change, Cassie helps people eat with joy instead of eating to seek joy. Cassie believes we are all doing the best we can, and "bad habits" don't equal brokenness, but rather a need for support.