Presentation: 37th Shugart Lecture, April 6, 2011: A Road Less Traveled

Presented by: Ellyn Elson, R.D.

This lecture was about Ellyn Elson’s journey through her career. She began telling the story of her first job and took us through the various titles she had through her career up until present day. She spoke of the opportunities she came upon as a Registered Dietitian and of how she never took no as an answer. This philosophy took her down many different avenues that helped her become very successful. She is the founder of Computrition and is involved with many other projects including a successful book and currently a business involved in sustainable living. She spoke of the different areas of dietetics to become involved and what an outstanding field it was to be a part of. In her lecture, she spoke about how important networking with other professionals was and also how important to was to just get involved within the professional atmosphere. She stressed that we are our own motivators and it was important to take risks. Overall, this lecture delivered a very inspiring message to anyone who was entering the field of dietetics.