



For Immediate Release

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**Tai Sophia Adds New January 2012 Class for its
Nutrition & Integrative Health Graduate Program
Director Recently Named for Program**

LAUREL, MD (August 16, 2011) – Tai Sophia Institute (<http://www.tai.edu>), an accredited, nonprofit graduate school for health and wellness, announces that due to overwhelming interest in the new Master of Science in Nutrition and Integrative Health program, a new class has been added and will begin in January 2012. The inaugural class scheduled for September 2011 is filled. This Master's degree offers a holistic approach to nutritional study that emphasizes the interrelated physical, medicinal, psychological, sociocultural, and spiritual roles food plays in people's lives.

Anchored in a wellness-based philosophy, the program offers a solid biochemical and physiological understanding of the complex role of food and nutrition in human health combined with a rich personal learning process. Graduates of the program will be prepared to work in private and group practice, in corporate and community nutrition and wellness programs, and to consult, teach and/or write in a variety of other settings.

The program is under the leadership of a newly named director, Rebecca Snow, M.S., LDN, CNS, RH (AHG), a licensed nutritionist and professional herbalist. "This is a critical time for a program of this nature, which trains nutritionists to address major health and societal issues such as obesity from a holistic perspective," says Snow. "Graduates of this program will be uniquely prepared to help lead the food revolution and provide an essential voice to inspire and create personal, cultural, and global change."

The 47-credit weekend program is designed to accommodate working professionals, and can be completed in two years.

The unique Master of Science in Nutrition and Integrative Health program will

- Address sustainability and the relationships between food choices and the environment.
- Incorporate whole foods cooking labs and coaching sessions into the program.
- Feature custom-designed science courses and core competencies in nutrition assessment and treatment strategies.



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Institute**

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For more information or to schedule a campus tour, prospective students can contact the Office of Graduate Admissions at 410-888-9048, ext. 6647, visit <http://www.tai.edu/GradNutrition.aspx>, or write admissions@tai.edu.

ABOUT TAI SOPHIA INSTITUTE

Founded in 1974, Tai Sophia Institute (<http://www.tai.edu>) is a private, nonprofit, educational institution for health and wellness studies. The Institute is accredited by the Middle States Commission on Higher Education. It offers master's degree programs in Acupuncture, Herbal Medicine, Nutrition and Integrative Health, and Transformative Leadership and Social Change; graduate certificate programs in Health Coaching, Herbal Studies, Medical Herbalism, Transformative Leadership, Wellness Coaching, Chinese Herbs, and a new Post-Master's Certificate in Women's Holistic Health, as well as individual graduate courses. The Institute also offers community wellness programs, continuing professional education, and clinical services. Tai Sophia's 12-acre main campus in Laurel, Maryland, houses a bookstore, a library, and herb and meditation gardens, all of which are open to the public.

ABOUT REBECCA SNOW (Headshot Available)

Rebecca Snow is a practicing nutritionist and herbalist. Her passion for using foods and herbs to support health was sparked in 1998, leading her to study at the Dreamtime Center and later at the Tai Sophia Institute. After acquiring her Master of Science Degree in Herbal Medicine, Rebecca practiced for five years in an integrative medical office in Rockville, Maryland, where she gained a wealth of clinical experience with complex health concerns. In 2009, her journey brought her back to Tai Sophia to share the gifts of herbs, healing foods, and compassionate guidance with her clients at the Natural Care Center.

She has played an integral role in the launch of the Master of Science in Nutrition and Integrative Health program as interim director and a member of the curriculum design committee. Additionally, she has served as program manager of the graduate certificate programs in Herbal Studies and Medical Herbalism at Tai Sophia Institute. Rebecca is certified as a nutrition specialist (CNS) through the American College of Nutrition and is a licensed nutritionist in the State of Maryland.

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