Roberta Anding: Nutrition and Performance; Creating Wellness for a Healthy Life
Sponsored by DAIRYMAX

Roberta is a registered dietitian, certified diabetes educator and is board certified in sports nutrition (CSSD). Roberta received her undergraduate and graduate degrees from Louisiana State University in dietetics and nutrition. She is currently the Director of Sports Nutrition at Texas Children’s Hospital providing nutritional guidance for athletes and adolescents with eating disorders or other complex medical nutritional concerns. In addition to her work at TCH, she is a sports dietitian for local professional teams and counsels student athletes Rice University and the Houston Ballet. Roberta has honored for her work in the field and most recently honored with the SCAN (Sports, Cardiovascular and Wellness Nutrition Dietetic Practice group) Achievement Award in 2011. In addition, Roberta received the Texas Distinguished Dietitian Award in 2008, the Texas Dietetic Association Media Award in 2006. Roberta has served as a national spokesperson for the Academy of Nutrition and Dietetics.

Roberta and her husband Bob have three children, Keith, Katie and Kevin. Keith is a forensic chemist, Katie is the assistant director of sports nutrition for the University of Texas Longhorns and Kevin works for a sports marketing company in Dallas.

Maureen Lyons: Countdown to Health

As an educational consultant for Learning ZoneXpress, Ms. Lyons brings energizing presentations to engage your audience. She facilitates experiential learning through group activities and interactive discussion and activities.

Before joining the LZX team Ms. Lyons honed her craft skills during fifteen years of hands-on experience in the early childhood education field. Maureen has many comical anecdotes to share about the time she spent with wee ones and their families. She will add light-hearted humor to any presentation; however, her passion for educating tomorrow’s leaders shines through.
As a facilitator she has trained for over ten years on the subjects of record keeping organization, contracts/policies, friendly field trips, “Don’t Laugh at Me” anti-bullying campaign, and the “Taking good care of you” series from Mr. Rogers Neighborhood. Recent additions to her repertoire are “Learning About Nutrition through Activities” – LANA, “Understanding MyPlate, and “Please Pass the Peas.” She offers this expertise to customers of Learning ZoneXpress and is open to meet with groups to discuss their educational resource needs or present at conferences nationwide.

The mother of two grown children, an avid road cyclist, gardening guru, and an apron wearing baker at heart, Maureen will incorporate her varied life experiences to entice attendees to action in their own lives. She challenges other to make their lives, careers, and the environment forever better.

Ronnie McDonald: Leadership, Group Dynamics, and Building on Community Assets

Ronnie McDonald is currently the Executive Director of Community Relations and Strategic Partnerships for Texas A&M AgriLife Extension. In this capacity he serves as the Executive Director of the Texas Rural Leadership Program, Inc. The Texas Rural Leadership Program creates and delivers exciting effective leadership development programs for rural Texas. The goal of the program is to help Texans build vibrant communities through creative vision and progressive leadership.

Ronnie McDonald is also a proud graduate of the Fighting Texas Aggie Class of 1993. While at Texas A&M he was elected the first African American Yell Leader. After graduation he was elected at age 27 to serve as one of the youngest county judges in Texas and the first African American in the history of Bastrop County.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

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