



**Kelly Springer, M.S., RD, CDN**

**Founder  
Kelly's Choice  
Skaneateles, New York**

Kelly Springer founded Kelly's Choice in 2012. Kelly's Choice is a nutritional consulting company with dietitians nationwide who deliver exceptional precision nutrition services. A voice of authority and advocacy, Kelly is elevating the conversation around what it means to be truly healthy. She has been a keynote speaker and panelist at numerous conferences and workplaces across the globe, captivating audiences and inspiring them with her expertise and enthusiasm. Kelly is a board member of the American Heart Association, advocating for heart health and wellness on a national level. She holds a bachelor's degree in nutrition from West Virginia University and a master's degree in health education from SUNY Cortland. Kelly's extensive experience includes serving as the division dietitian at Wegmans Food Markets and as a clinical dietitian at Auburn Hospital, specializing in bariatrics, critical care and nutrition support.