



KELSEY MASSIS

RDN, LDN, MBA

Director of Nutrition and Wellness

As a Registered Dietitian, Kelsey Massis is passionate about health and wellness, striving to enhance the well-being of those she serves by sharing the healing power and joy of food. She earned her BS degree in Nutrition and Food Science from Colorado State University in 2010 and completed a combined dietetic internship and MBA program at Dominican University in 2012. With over a decade of experience, Kelsey has worked in diverse settings, including eating disorders, community nutrition, food service management, K-12 schools, and individualized nutrition consulting.

Most recently, she became an Integrative and Functional Nutrition Certified Practitioner, deepening her commitment to a holistic, food-as-medicine approach. This certification has allowed her to focus on creating sustainable, long-term solutions that prioritize optimal health and healing.

In her current role in corporate wellness, Kelsey leads and supports a variety of wellness and sustainability initiatives, striving to improve the health and well-being of those she serves. She believes life's experiences should be as enjoyable as the food we eat—a philosophy she brings to life daily by combining her expertise with a passion for elevating the guest experience in Compass One cafés and marketplaces.

FOR THE *good* OF
PEOPLE AND PLANET

FOOD *with*
PURPOSE 