

Introducing... Kelsey Massis

Our Wellness Director



Get to Know Kelsey...

As a Registered Dietitian, Kelsey Massis, has a passion for health and wellness, striving to improve the wellbeing of those she serves by sharing the healing power and pleasure of food. Kelsey received her BS degree in Nutrition and Food Science from Colorado State University in 2010 and completed her dietetic internship in combination with an MBA from Dominican University in 2012. Upon completing her schooling, Kelsey worked in a variety of settings including eating disorders, community nutrition, food service management and private practice. Kelsey comes to us from her most recent role as a Resident Dietitian for Chartwells K12, where she supported several school districts in the Northeast. As a dietitian in K12, her role has focused on applying evidenced-based research practices within the school community related to nutrition and sustainability education, the psychology of eating, food exposures and understanding the nutrition benefits of cultural and ethnic cuisines.

Kelsey believes that life experiences should be enjoyed just as much as the food you eat! She is looking forward to applying her experiences towards food and wellness programming throughout our Compass One cafes.