



Christina McGeough is a registered dietitian, certified diabetes care and education specialist, childbirth educator, and lactation coach. She received her Baccalaureate degree in Nutrition and Dietetics from New York University and a Master's in Public Health from Hunter College. Christina is bilingual in English and Spanish. She is passionate about working with under-served populations to promote health equity and literacy. She has spent over a decade creating and implementing disease self-management programs and developing training protocols for non-clinical educators. She has worked with the New York City Department of Health, Federally Qualified Health Centers, and community organizations to train community health workers and lay educators to provide health education in their neighborhoods and communities. Christina started her own business in 2019 to offer affordable, personalized, evidenced-based resources and services to women and families. As a result of COVID, she transitioned to virtual patient care and education services targeting women with diabetes in pregnancy, and regularly teaches virtual childbirth education classes. Outside of her professional work Christina is a mom of two, mompreneur, chocolate lover, and foodie.

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