Tessa Telly, MS 2003

Director
Wellness Center at American University

Tessa received both her undergraduate and Master's degree in Health Promotion from American University. Before returning to AU as the Director of our Wellness Center, Tessa worked in Georgetown University’s Health Education Services office as their Social Norms Coordinator and Health Communication Specialist where she spearheaded the Social Norms campaign aimed to reduce risk-based drinking. In her current role at AU, Tessa oversees the operations of the Wellness Center and also develops, implements, and assesses programs for the student body. Tessa has a CHES certification.

Words of Wisdom
Network as much as you can and maintain good relationships with those contacts. They come in very handy, even if it is 10 years down the road.

Allison Marco, MS 2011

Registered Dietician
Georgetown University

Allison received her undergraduate degree from Syracuse University in Nutrition and then completed her dietetic internship at Penn State to become a Registered Dietitian. After graduating from the MS program at AU, Allison got her first job working at a Nutrition counseling company in the DC Metro area. She spent a year there before starting her new job at Georgetown University in February. As the Registered Dietitian for Georgetown University, Allison serves as a liaison between the students and the University dining hall. She ensures that students with allergies and other dietary needs have foods they can eat and that allergen information is available. She also advocates for healthier options, does counseling for students that are interested in learning more about nutrition, and works with other organizations on campus such as the health and wellness department, gym and sports teams doing nutrition events and lectures. In addition to working at Georgetown University, Allison is pursuing a certification in Intuitive Eating.

Words of Wisdom
Network! I have had 2 jobs since graduating and both times it was because of networking. Meet and talk to as many people as you know. Ask questions and do informational interviews. The more you can get your name out there the better.
Tommy Openchowski, MS 2012

Program Manager
LiveHealthier

Tommy graduated from the MS program in 2012. During his last semester at AU he was hired as a Program Assistant at LiveHealthier where he currently serves as a Program Manager. In this position, Tommy develops, implements, coordinates, and assesses workplace wellness programs. He manages all elements of programs including; health education and awareness campaigns, Health Risk Assessment campaigns and behavior change programs, working with outside vendors to coordinate onsite biometric screenings and other health events. He also continually collects data to evaluate and monitor program success and develop creative solutions to improve impact. Tommy is currently studying for the Certified Nutrition Specialist exam in June and received his CHES certification in 2012.

Words of Wisdom
Be patient and be selective when looking for a job. It’s definitely easier said than done, but in the long run it’s worth it.

Brenna Steiner, MS 2012

Owner/Holistic Wellness and Exercise Coach
Balance in Motion

Brenna graduated from the MS program in the Fall of 2012 and is currently in the process of establishing her own business, Balance in Motion. While attending AU she worked as a full-time personal trainer with the Washington Sports Club. She is now using this experience along with her degree to create a business that integrates a holistic approach of exercise coaching, nutrition counseling, and lifestyle management. Currently, Brenna meets with clients on a regular basis to review dietary and lifestyle habits and coaches them in exercise training. Next steps include final touches on the company website www.balanceinmotionllc.com and opening up a studio. Brenna’s goal is to “open a facility with other like-minded and skilled practitioners providing children and adults with a holistic approach to health and wellness.” In addition to her business pursuits, Brenna is seeking the CNS, CHEK practitioner, and Doctor of Chiropractic.

Words of Wisdom
There are many people with our interests and looking for the work. Few have a master’s degree in this area of specialty. This program opens a lot of doors into an industry ready and searching for professionals prepared to work in health promotion.
Natalie Ellenberger, BS 2012

Program Assistant
Wellness Corporate Solutions

Natalie graduated from the BS program in Health Promotion in 2012 and is currently enrolled in the MS program part time. She began with an internship at Wellness Corporate Solutions and now works as a program assistant for the yearlong account managers. Natalie is very involved, from putting together research for client wellness programs to working with the administration on designing customized portals. Her position includes creating and distributing health communications, initiating new challenges for clients, managing challenges for the portal, updating current programs, participating in kickoff events, and helping to develop branding. When Natalie graduates from the MS program she intends to sit for the CHES exam and continue her work in the Health Promotion field.

Words of Wisdom
I would highly recommend pursuing your internship opportunities and really work hard to explore every opportunity. I knew that I wanted to work for the company I interned with so I did everything I could to keep in touch and voice my passion for working with the company.