

ABOUT OUR PRESENTERS:



COURTNEY KREMER, R.D.N., L.D. | REGISTERED DIETITIAN

Courtney Kremer is a registered dietitian at Mayo Clinic Health System in Austin. She holds a Bachelor's degree in Dietetics with a minor in Health Education from South Dakota State University. Courtney's clinical interests include nutrition support, cardiovascular disease, weight management and diabetes.



NICOLE BLOCK | WORKSITE WELLNESS COORDINATOR

Nicole Block is a Well-Being Specialist at Mayo Clinic in Rochester, Minnesota. She currently co-leads Mayo Clinic's Well-Being Champion program and focuses on health promotion and employee well-being in the workplace. Nicole is also a motivational speaker and Instructor of Health Care Administration where she specializes in Practicing Gratitude and Stress Management and Resilience Training. Nicole has spoken at several national conferences and currently serves on the Emerging Wellness Professional Task Force for the National Wellness Institute. She holds a Bachelor's degree from Bemidji State University in Community Health with an emphasis as a Coaching Specialist



MARGARET DOW, M.D. | OBSTETRICS & GYNECOLOGY (OB/GYN)

Dr. Margaret Dow is a board certified obstetrician, certified yoga teacher, health coach and dedicated educator. She serves as a department wellness officer, orchestrating the wellness curriculum for the residents and faculty in the OB/GYN department. Dr. Dow is passionate about sharing tools to help individuals identify their strengths and work toward their happiest, healthiest life.