Renowned Nutritionist Dr. Ro to Speak at DSU Jan. 24

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Renowned nutritionist Dr. Rovenia Brock, best known as "Dr. Ro."

Delaware State University will jumpstart its annual Kickoff to Wellness with renowned television nutritionist Dr. Rovenia Brock -- who is well known as “Dr. Ro” – who will speak at 7 p.m. Thursday, Jan. 24 in the Education and Humanities Theatre.

The event is free and open to the public.

Dr. Ro is the author of *Ten Secrets To Livin’ Healthy* and an award-winning health journalist and television personality known for her easy-to-apply diet, fitness and health advice for women and families.

As a leading nutrition coach for over two decades, she was named by *More Magazine* as one of the nation's top five nutritionists. She served as nutrition coach on the daytime talk show The View, on which she helped Sherri Shepherd lose weight for her infamous on-camera swimsuit reveal. She contributes regularly to NBC's Today Show, The CBS Early Show, Good Morning America, and to National Public Radio.

She is also a nutrition contributor to TV-One's Makeover Manor where she also hosts Livin' Healthy With Dr. Ro. As the go-to nutrition coach for real people and celebrities nationwide, Dr. Ro has been featured in *O Magazine, Quick & Simple, Self, Ebony, Essence, The Dallas Morning News, Memphis Commercial Appeal* and numerous national publications. Her book is recommended by *USA Today* and *New York Daily News* as a "must-have" to slim down.

Having lost her mother to stomach cancer at age nine, Dr. Ro has researched and written extensively about ways to break bad health habits—from eating high-calorie comfort foods and resisting exercise to giving up on health goals and taking on the negativity of saboteurs. In her quest to save a generation from early death and preventable disease, Dr. Ro's passion for stemming the tide of childhood obesity recently led her to create a DVD series "Dr. Ro's Fit Kidz" to teach children fun ways to embrace nutrition and fitness for healthier lifestyles.

Dr. Ro holds a PhD in Nutritional Sciences, a MS Degree in Community Nutrition and Broadcast Journalism from Howard University, and a BS degree in Foods and Nutrition from Virginia State University. As an award-winning nutritionist, she has received awards from the National Medical Association, the American Heart Association, The American Cancer Society, and is the recipient of Howard University's Most Distinguished PhD alumnae award in 1998 and 2002. Dr. Ro is Head Nutrition Coach at Dr. Riggins' Medical Aesthetic Skin Care (MASC) in Washington, DC and Gadsden, Alabama, which she co-owns with her husband, Dr. Murray Riggins.

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