

# EMPLOYEE OF THE MONTH

October 2022

Employee: **Erin Botticelli**

Position: **Supervising Dietitian**

Been with the company since 2021



**Nickname:** Since my name is so short, I never really had a nickname growing up! But my college field hockey teammates called me *Chelli*, after my last name Botticelli.

**Hobbies:** I love yoga, playing sports, painting my nails, decorating for the holidays (especially Halloween), and currently working on learning to sew, so I can design/make my own clothes :)

**Likes:** Grocery shopping, anything pink, my cat (Strega), Audrey Hepburn movies, 'everything but the bagel' seasoned salmon, my dad's wisdom & my mom's hugs.

**Dislikes:** Driving on the highway (I will always take the scenic route) & staying up late/not waking up early

**Favorite Part about working at NHM:** My life's goal is to remind people of their magic when they've forgotten it, and that's what I get to do, along with all my other amazing, hard-working co-workers, every day at NHM. I love being able to show patients THEY CAN lose weight, achieving health IS POSSIBLE, and I'm on their team to support, strategize & problem-solve every step of the way. There is no 'one fits all' weight loss plan, everyone is unique & all food choices/preferences can be molded and balanced into a healthy lifestyle pattern. It lights my heart the moment a patient realizes a certain diet plan fails them, not the other way around. It's a creative process to find what strategy, eating style, food plan and tools work best for each individual patient to get them to their health goals (and who said we can't have fun while doing it!).