

EMPLOYEE OF THE MONTH

January 2023

Employee: Kylie Stupalski

Position: Lead Dietitian

Been with the company since 2022



Nickname: My close friends and family call me Ky

Hobbies: Baking, graphic design, yoga, going for walks w/ friends

Likes: Going to the beach, animal lover, watching sunsets, movies

Dislikes: Being unorganized – I am always making lists and planning

Favorite Part about working at NHM: Working with patients to achieve their goals big and small! Navigating a weight loss journey is difficult – I love celebrating those smaller wins, non-scale victories, & behavior changes along the way to reaching patients overall goals. Watching patients increase their confidence & celebrate their hard work makes me SO happy!