



Sara Mafla, is a graduate student in the Master of Science in Applied Human Nutrition program. Before joining the Mount, she had completed a bachelor's degree at Pontificia Universidad Católica in Ecuador and a master's degree in the Nutrition and Metabolism program at Rovira and Virgili University in Spain. With over 10 years of experience as a nutritionist in both clinical and community practice in Ecuador, she learned more about metabolic and eating disorders, working with individuals of all ages, including teens, adults, and older adults. At the Mount, her research and education portfolio will be further expanded to the area of nutrition and aging. Sara's thesis project will focus on developing nutritious and tasty meals and evaluating them with LTC residents, especially in those who have difficulties with recognizing food.



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