



Constance Brown-Riggs— an award-winning registered dietitian nutritionist, certified diabetes care and education specialist is the author of several diabetes books. Two of which received Hermès Gold Creative Awards: *Living Well with Diabetes 14 Day Devotional* and *The Diabetes Guide to Enjoying Foods of the World*.

Over the course of her career, Constance has established herself as an expert in nutrition, diabetes, and the cultural issues that impact the health and health care of people of color. Her work has appeared in books for health professionals and health care consumers. Constance is a former member of the board of directors for the Association of Diabetes Care and Education Specialist and a past chair of the Diabetes Dietetic Practice Group of the Academy of Nutrition and Dietetics. You can learn more about her at www.eatingsoulfully.com