



# meet **ZENA** Edwards

**Favorite Quote:** "I'm not rich but my life is."



**Greatest Life Challenge:**

Going back to school as a single mom when my children were in 2nd and 4th grade. Tough-but worth it in the long run!

**Advice For Other Moms:**

Try to say "yes" as often as possible, but do not be afraid to say "no" when needed. Your kids are looking to you to be courageous and set limits.

**Favorite food:** Popcorn!

**What I love about my job:** The creative, persistent, and caring parents I get to meet. I think I learn much more from them than they learn from me!



Zena Edwards is a Registered Dietitian with a Master of Science in Nutrition. She has over 10 years experience as a nutrition educator.