



Michelle Wo, MS, RD

Senior Clinical Dietitian, Integrative Medicine Center

Michelle Wo is a registered dietitian and certified diabetes care and education specialist with a focus in plant-based nutrition. She received her nutrition degree from the University of Houston and her master's degree in Exercise and Sports Nutrition with dietetic training from Texas Woman's University Denton and Southern University A&M Baton Rouge. She has worked with a variety of patients and provided nutrition education for short and long-term nutrition needs in the healthcare setting on prevention of cardiovascular, renal, diabetes, organ transplant, and cancer for the last 5 years. Michelle's mission is to help others find healing and vitality by improving their relationship with food, doing away with diet culture, and learning how to eat whole foods in abundance.