



# Joan O'Keefe, RD

2400 Arno Road  
Mission Hills, KS 66208

Phone: 913-362-7453  
Fax: 913-362-6647  
E-mail: joanokeeferd@aol.com



## **Information**

Joan O'Keefe grew up in Walnut Creek, California, in the San Francisco Bay area. At age 27, six months pregnant with her first child, Joan was diagnosed with metastatic cancer. Joan's focus on nutrition and fitness was intensified by this experience. She also felt first hand the healing power of a strong faith, optimism, and a loving and supportive network of family and friends.

Joan does nutrition counseling focusing on weight loss, optimum health, and improved athletic performance in adults, teens and kids. She is passionately engaged in her nutrition counseling and often speaks to schools, teams, families, men's and women's organizations, and professional groups. She considers her nutrition counseling a community service and donates all of her earnings to charities.

## **Education**

Degree	Institution	Major Area of Study
BA	San Diego State University	Registered Dietician
RD	St Mary's Hospital of Mayo	Dietary Internship

## **Publications**

*The Forever Young Diet and Lifestyle.* Andrews McMeel Publishing 2006.

Potential Beneficial Effects of Monounsaturated and Polyunsaturated fats in Elderly Patients with or at Risk of Coronary Artery Disease. *Cardiol Elderly* 1995;3:5-10.

Dietary Prevention of Coronary Artery Disease. How to Help Patients Modify Eating Habits and Reduce Cholesterol. *Postgrad Med* 1989 May 85:245-250, 257-261.

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## **Presentations (partial listing)**

- American Hospital Association
- Kansas City Literary Festival
- Kansas Nurse Symposium
- Wesley Medical Center
- Johnson County Young Matron's
- University of Maryland Coalition for the Advancement of Cardiovascular Health
- Heart Symposium
- Salina Regional Health System
- Kansas City Junior League
- The Central Exchange Women's Lyceum
- Get Hooked on Health Kansas City
- Ewing Marion Kauffman Foundation
- St Luke's Hospital