**Shaynee Roper, MEd, RD, LDN, FAND**

Graduated with Bachelors in Nutrition & Dietetics from the University of Missouri

Graduated with a Masters of Education in Physical Education from the University of Houston

Will graduate with a Doctorate in Clinical Nutrition from the University of North Florida in April 2022

Been a Dietitian for almost 31 years

Have worked in acute care, outpatient care, home infusion, and food and nutrition management

Currently work in the Home Health & Hospice area for a large corporation covering 17 states

**Caroline Pope, MS, RDN, LDN**

Caroline Pope began practicing as a Registered Dietitian in 2015 after completing her Master of Science in Nutrition from Meredith College and her Bachelor of Arts in Psychology from UNC Chapel Hill.  This union of educational pursuits presents her with the opportunity to dig deep into the “why” guiding each of her patient’s relationship with food. Combining Motivational Interviewing techniques with evidence-based clinical reasoning, she develops a safe and intimate space for her clients to simultaneously “get it all out there” and inspire real lasting change, all while developing a healthier relationship with food.  Starting her career at UNC Rex Bariatric Specialists granted her front line exposure to a patient population known for a high degree of complexity and co-morbidities. This experience required an increased level of precision and individualized attention to detail that she has found invaluable to her practice at Chain Effect. At the end of the day, instilling and fostering accountability remains the most successful and evidenced based tool for achieving results. While she continues to enjoy and excel at helping patients with weight loss and preventing disease, her interests have expanded into perinatal care, gut health, and integrative and functional medicine. When she isn’t counseling or managing the nutrition pillar at Chain Effect, she is most likely running after one or both of her two boys (three if you count Taylor).

**Dr. Taylor Pope, PT, DPT, FDNP**

Dr. Taylor Pope has been a practicing outpatient physical therapist since 2010 upon graduating from UNC-Chapel Hill with his Doctor of Physical Therapy. He specializes in orthopedic and sports injuries in addition to helping non-acute patients identify latent dysfunction. While sports may have brought him to physical therapy initially, he truly loves working with all types of clients and finds it particularly rewarding to help those who have “been around the block” and may have had negative experiences at less client centric practices. He is a certified Functional Dry Needling Practitioner and is Titleist Performance Institute Certified.  His mantra rallies around a growth mindset and a focus on the process. In his practice, he enjoys blending components of many physical therapy philosophies such as those developed by Gray Cook’s Functional Movement Systems (FMS) and Ron Hruska’s Postural Restoration Institute (PRI). Dr. Pope has played competitive sports since a young child and, although now in his 40s, continues to train and compete on the national stage in Ultimate Frisbee. He enjoys the opportunity to build Chain Effect with his wife and co-owner, Caroline. The rest of his time is spent being a dad of two boys, his most important job.