

Presenter Bio

Dr. Dorothy Wood has been working in the health and fitness industry for over fifteen years; as an instructor, personal trainer and nutrition consultant. She earned her doctoral degree at UNC-CH in the Department of Pathology where she gained a further appreciation for the human organism and the importance of treating the body with great care. She was Assistant Professor of Biology at North Carolina Central University until summer 2004 and more recently joined the faculty at Durham Technical Community College. Originally from Newcastle, England, home of the Brown Ale, she has been in the US since 1988 and now lives in Hillsborough with her husband and two children.