



Baillie Troskot

Baillie Troskot RDN, LD is the VP of Well-Being and Nutrition Services for Focused Post-Acute Care Partners with four years experience with the long-term care industry and three years' experience with employee wellness initiatives.

Her passion for nutrition, fitness and mental well-being drive her focus in the development of wellness programs for team members at Focused Post- Acute Care Partners.

Baillie believes in three key things for wellness: if you live well, you will be well, therefore, work well. These beliefs laid the foundation for the Focused Wellness Department moto: *Live Well. Be Well. Work Well.*

She graduated from Texas A&M University where she obtained her Bachelor of Science in Nutritional Sciences. She went on to complete her Dietetic Internship with Wellness Workdays and is a Registered Dietitian Nutritionist.