Michigan Avenue Athletic Club is pleased to announce that Sandra Tsai has joined our staff as Chief Nutritionist. Sandra received both her Bachelor of Science degree in Nutrition Science and her master’s degree in Food Science and Human Nutrition at the University of Illinois. She previously worked as a dietitian at the Shady Grove senior center, and as a sports nutrition consultant at the Manor Academy School.

Sandra plans to work closely with the staff at the club’s coffee shop to improve the nutritional quality of the food and snacks. She will also offer classes in diet and nutrition, and will work one-on-one with interested club members. Please contact the club office for more information or to schedule an appointment.