

Dr. Rovenia Brock

April 2006 Calendar

Healthful lifestyles broadcaster and author Dr. Rovenia Brock mesmerizes national audiences, sharing personal stories that motivate people to make changes for better health.

Author of *Dr. Ro's Ten Secrets To Livin' Healthy*, she is host of a new health and lifestyles television show, "Health Matters," which airs on WHUT, Howard University's PBS affiliate. Her column, "Livin' Healthy with Dr. Ro," appears on BET.com and in newspapers nationwide.

Dr. Brock received her Ph.D. in nutritional sciences, an M.S. in community nutrition and broadcast journalism from Howard University, and a B.S. in foods and nutrition from Virginia State University.

Known for reporting nutrition issues that sizzle, Dr. Brock is a familiar face on MSNBC, CNN and NPR. She has served as medical correspondent for "BET News," nutrition contributor for ABC News' "Lifetime Live" and was the weekly nutritionist for NBC's "Morning Show" in Washington, D.C. She has served as contributing nutrition editor to *Heart and Soul* magazine and hosted "Heart & Soul," the first national health and fitness television show for African American women on BET.



Dr. Brock's health expertise has been featured on NBC's "Today Show," WebMD and in publications that include *O magazine, USA Today, Ebony, Essence, Self, Upscale, Today's Black Woman, Soul, Black Elegance, Vibe, Black Issues in Higher Education, The Los Angeles Times, New York Daily News, Dallas Morning News, Memphis Commercial Appeal* and the *Charlottesville Daily Progress*. A native of Washington, D.C., Dr. Brock enjoys horseback riding, writing, reading, theater and poetry.