

CONSULTING DIETITIANS IN RICHMOND DISTRICT (alphabetical by city and last name)

GLEN ALLEN

Frances K. Elwood, MS, SPHR, RD

CommonHealth Wellness Solutions, LLC.
PO Box 6101 Glen Allen, VA 23058-6101
804-432-7828

frances.elwood@hotmail.com

@CommHealthWell

Diabetes, Cardiovascular, Weight Management, Bariatrics
Employer Wellcare Programs, Nutrition Education

B. Lynn Farmer, MA, RD

P.O. Box 1217
Glen Allen, VA 23060
804-840-7124

Welltrition@comcast.net

Overweight and obesity, sport, cardiovascular, wellness, speaking
engagements

Marilyn Trowsell, RD

Midlothian Behavioral Health Associates, LLC
3203 Klaus Court
Glen Allen, VA 23060

mtrowsell@aol.com

General nutrition/wellness, eating disorders, adult weight
management, heart health, cholesterol, hypertension, assisted
living, culinary skills and nutritional cooking, herbs, menu planning

HALIFAX

Jenny B. Witko, MS, RD, RN

1238 Salishan Drive
Halifax, VA 24558
434-446-0757

jennybwitko@gmail.com

Gerontology, personal training, group exercise instructor

HENRICO

Trish Wilkins, MS, RD

3800 Stillman Parkway, Suite 201
Henrico, VA 23233
804-346-9866 ext. 8

TrishWilkins@comcast.net

www.TrishWilkins.com

Eating disorders

MONTPELIER

Lisa Raum, MS, RD

R.D. To Go, LLC
P.O. Box 411
Montpelier, VA 23192
866-539-9496

rdtogo@live.com

Weight management, T2 diabetes, metabolic syndrome, renal
disease

RICHMOND

Bethany B. Floyd Watkins, RD

Registered Dietitian & Fitness Consultant
Founder, Happy Body Wellness

Bethany@happybodyrva.com

Social Media:

Website: www.HappyBodyRVA.com

Facebook: Happy Body Wellness

Instagram: Happy Body Wellness

Pinterest: Happy Body RVA

General Health, Nutrition, Fitness and Wellness: Promoting a
healthy lifestyle through food, fitness, and fun!

Deanne Hamilton, MS, RD, CSCS, CSSD

3420 Gayton Meadows Terrace
Richmond, VA 23233
804-360-1671

rivoflife@aol.com

Weight management, sports, Solution Method Trainer

Elisabeth C. Peterson, RD, CEDRD

Elisabeth Peterson Nutrition & Fitness
2200 Pump Road, Suite 220
Richmond, VA 23233

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(p) 804-440-3110

(f) 804-377-9690

Wellness, sports nutrition, vegetarian, weight maintenance,
eating disorders, high risk pregnancy, diabetes, hypertension,
cardiovascular, food allergies, celiac sprue

Paula C. Schnurman, RD

8010 Ridge Road, Suite E-2
Richmond, VA 23229
804-304-8061

paula@thinnerwisdom.com

www.thinnerwisdom.com

Weight management for children through adults, addiction,
eating disorders, obesity

Diane Baer Wilson, EdD, MS, RD

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Richmond, VA 23228
804-421-5899

DWWWellness@gmail.com

Evidence-based healthy lifestyle behaviors, weight loss or gain,
physical activity, post cancer