

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

**GLEN ALLEN**

**Marilyn Trowsell, RD**

Midlothian Behavioral Health Associates, LLC

3203 Klaus Court

Glen Allen, VA 23060

[mtrowsell@aol.com](mailto: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

**RICHMOND**

**Nana Ataa Ofosu-Benefo, MS, RD, CDN**

[nanaataa@gmail.com](mailto:nanaataa@gmail.com)

**Katherine Conschafter, RD**

[katiehcon@yahoo.com](mailto:katiehcon@yahoo.com)

**Sandy Curwood, RD**

[msrdsandy@yhao.com](mailto:msrdsandy@yhao.com)

**Elisabeth C. Peterson, RD, CEDRD**

Elisabeth Peterson Nutrition & Fitness

2200 Pump Road, Suite 220

Richmond, VA 23233

[info@petersonnutrition.com](mailto:info@petersonnutrition.com)

[www.petersonnutrition.com](http://www.petersonnutrition.com)

(p) 804-440-3110

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.schnurman@uhsinc.com](mailto:paula.schnurman@uhsinc.com)

[www.thinnerwisdom.com](http://www.thinnerwisdom.com)

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