

Harrisonburg Dietitians, LLC

Nutrition News

What is a Registered Dietitian?

What is a Registered Dietitian? Why should I invest my time in adding a Dietitian to my medical team? These are questions that are most often asked when inquiring about the services of a Registered Dietitian.

Registered Dietitians have completed a 4 year Bachelor's Degree at an accredited university. They then go on to complete an intensive internship and then must pass a national board exam before receiving the credentials R.D. They must maintain continuing education credits and provide these for review every 5 years. Registered Dietitians provide nutrition expertise in a variety of settings such as hospitals, wellness centers, public health settings, schools, or private practice to name a few. Having a Registered Dietitian as part of your medical team can provide you with many new ways to lead a healthy lifestyle. Activity, healthy eating, and behavior modification are just some of the topics you will discuss with your dietitian. Begin to work with a RD today and reap the benefits of a healthy lifestyle!

Harrisonburg Dietitians, LLC has MOVED!

Harrisonburg Dietitians, LLC has moved to a new location. We are now conveniently located at 2040 Deyerle Avenue Suite 106 in the Russell Centre near Gold's Gym. This new location will provide us the ability to offer larger group classes and support groups while continuing to provide individual & family counseling sessions. Medicare and other insurance payment are accepted. Please call 540-437-9575 or have your physician's office fax a referral to 540-439-9576 for an appointment. Please also contact us for areas that you would like to see us focus on for support groups @ hburgrds@aol.com or by phone.

Directions to the new office of Harrisonburg Dietitians, LLC:

From 81 South: Merge onto US-33 E/E Market St via Exit 247A toward Elkton. Turn Right onto VA-331/University Blvd. Turn Left onto Deyerle Ave. End at The Russell Centre. **2040 Deyerle Ave Suite 106**

From 33 West: Turn Left onto VA-331/University Ave. Continue to follow VA-331. Turn Left onto Deyerle Ave. End at The Russell Centre. **2040 Deyerle Ave Suite 106.**

Meet the Dietitians of Harrisonburg Dietitians, LLC

Julie Thurnau, RD, CNSD

Email: julie@harrisonburgdietitians.com

Julie is a Registered Dietitian certified in nutrition support with over 15 years of experience. She holds a Bachelor's degree in Dietetics from the University of Cincinnati and has completed an internship through the University of Northern Colorado. Her areas of expertise are helping patients with multiple dietary concerns, such as patients with combinations of obesity, diabetes, renal disease, and cardiac disease. She has a strong interest in pediatric weight control.

Robin Atwood, MS, RD

Email: robin@harrisonburgdietitians.com

Robin has been a Registered Dietitian since 1989. She holds a Bachelor's degree in Dietetics and a Master's degree in Health Science, both from James Madison University. Her areas of expertise include nutrition for disease prevention, child nutrition, vegetarianism, cardiac nutrition, renal nutrition, and diabetes management. She has worked as a public health nutritionist, inpatient and outpatient clinical dietitian and has been consulting since 2003.

Lauren Beach, RD

Email: lauren@harrisonburgdietitians.com

Lauren is a Registered Dietitian who graduate from James Madison University with a degree in Dietetics and completed her Dietetic

Internship from the College of Saint Elizabeth. She recently received her Certificate in Training in Adult Weight Management and is pursuing her Master's degree in Health Promotion with a concentration in Sports Performance from Virginia Tech. Her interests include sports nutrition, weight management, and medical nutrition therapy.

Laura Cason, RD

Email: laura@harrisonburgdietitians.com

Laura has been a Registered Dietitian since May 2006. She holds a Bachelor's degree in Dietetics from James Madison University and completed her Dietetic Internship at Radford University. She will begin pursuing her Master's degree in Health Promotion at Virginia Tech in January 2008. She has worked as an inpatient and outpatient clinical dietitian and began consulting in 2007. Her areas of interest include renal nutrition, cardiac nutrition, and diabetes management. She also has a very strong interest in eating disorders.

Lara Sokoloff, RD

Email: lara@harrisonburgdietitians.com

Lara has been a registered dietitian for over five years. She graduated from Drexel University in 2000 and completed her dietetic internship in 2001 from the College of Saint Elizabeth. She has worked in hospitals as a pediatric and adult dietitian and enjoys counseling patients. Her interests include pediatric and oncology nutrition, as well as nutrition for disease prevention.

Harrisonburg Dietitians, LLC

Teaching You How to Make Your Cake & Eat It Too!TM

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