

## **E.L.M. Wellness**

### Description:

ELM Wellness offers individual and group nutrition counseling. Specialty areas are in Eating Disorders and weight management with the long term goal of teaching one to eat intuitively. ELM Wellness will work confidentially as a team member with your choice of therapist, physician, psychiatrist and any other designated individual or facility. The ELM Wellness dietitian will partner with you to guide you to success. Use of CBT, DBT and other therapeutic skills are encouraged to assist you in making the changes needed to reach your personal health goals. There are two locations, Chapel Hill and Raleigh, NC.

Address Line 1: 4917 Waters Edge Drive Suite 220

Country: USA

State: North Carolina

City: Raleigh

Zip: 27606

Website: <http://ELMWellness.com>