

Harmonic Nutrition & Wellness, LLC

Description:

At Harmonic Nutrition & Wellness, LLC, we help our clients to develop a healthier relationship with food and exercise. We provide nutritional counseling in a highly collaborative, empathic and supportive environment to facilitate the recovery process. Our goal is to support the client to the eventual normalization of eating patterns through nutrition education and behavior change coaching techniques. Our philosophy is to encourage appropriate small steps that will lay the necessary foundation for maintenance of a healthy weight in the absence of destructive behaviors.

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State: Illinois

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