

**Allison Topilow, MS, RD, CDN**

Description:

Taking your individual needs into account, we will develop a personalized, realistic plan that works for you. Using a non-diet approach, our sessions will help you to eat mindfully and intuitively. We will work together in a nonjudgmental environment to learn how to listen to your physical hunger and fullness.

Address Line 1: 124 St Paul Street

Country: USA

State: New Jersey

City: Westfield

Zip: 07090

Website: <http://www.eatandbewell.com>