

Lauren combines her well rounded nutritional background with her warm personality to motivate her client to achieve their goals. Lauren graduated with a BS in nutrition and dietetics and a minor in Biology from the University of Delaware. She completed her dietetic internship with Sodexo in the metropolitan New York area. Prior to joining Kingley Health Lauren provided both in-patient and out-patient nutrition counseling at Mount Sinai Hospital in NYC and worked for a nutraceutical company where she expanded her knowledge of dietary supplements. During her spare time Lauren enjoys cooking healthy meals for her family and friends and has recently achieved her goal of completing a half marathon. Lauren currently works in our Iselin and Piscataway offices.