



WAMDA Referral Information

The following WAMDA member dietitians are available for nutrition education and consultations in areas of expertise listed. Please mention the website referral directory when you contact these dietitians.

Louise G. Amyot, RD, LDN, Retired

Contact Information: 413-773-5165
lamyot@yahoo.com

Speaking Specialty: Celiac Disease

Catherine Bertinuson, MS, RD, LDN, CDE

Contact information: CEDE
264 Elm St
Northampton, MA 01060
413-585-0039
Catherine_bertinuson@cooley-dickinson.org

Business: Center for Excellence in Diabetes Education

Areas of Specialty: Diabetes
Pre-Diabetes
PCOS
Metabolic Syndrome

Other Information: Spanish Speaking, Translators available for other languages, MNT and Diabetes Self Management Education.

Mollie Ceccotti, RD

Contact Information: 75 York Dr
Longmeadow, MA 01106
860-575-0893
Healthy_you2@hotmail.com

Business Name: Healthy You LLC

Area of Specialty: Corporate Wellness Health Promotion
Healthy Eating
Behavior Change

Paula Serafino-Cross, MS, RD, LDN

Contact information: 38 Longview Dr
Wilbraham, MA 01095
413-949-0474
Humnut413@aol.com

Business: Paula Serafino-Cross, MS, RD, LDN

Areas of Specialty: Wellness
Health Coaching
Bariatric Nutrition
Weight Management
General Nutrition

Other information: In-home or mutually convenient place for consultation
Fee for Service Practice
Speaks some Spanish

Elizabeth Devine, MS, RD, LDN, ACSM CCES

Contact Information: PO Box 95
Shutesbury, MA 01072
413-461-8844
elizabeth@eat-run.com

Business: Eat and Run, LLC
www.eat-run.com

Areas of Specialty: Sports Nutrition
Vegetarian/Vegan Nutrition
General Nutrition
Wellness/Health Promotion

Other Information: American College of Sports Medicine Certified Clinical
Exercise Specialist

Jennifer Giffune

Contact Information: 413-786-1500
Giffunej@hampdencountyphysicians.com

Business Name: Hampden County Physician Associates in Westfield,
West Springfield, and Feeding Hills

Areas of Specialty: Diabetes
High Cholesterol
High Blood Pressure
Weight Loss
Digestive Disorders
Vitamin Deficiency

Amanda Goldfarb

Contact Information: 73 Bridge St # 18
Northampton, MA 01060

Other Information: Blog/website: www.cakeandcarrots.com

Jean Klepacki RD, LDN, CDE

Contact Information: P.O. Box 604
Hadley, Ma 01035
(413) 586-7740
JeanRd@charter.net

Business Name: Jean Klepacki, RD, LDN, CDE
Nutrition Consultant and Diabetes Educator

Areas of Specialty: Diabetes/Prediabetes
Nutrition Support (Parenteral and Enteral)
Gastrointestinal
Weight Management
Lipid Disorders

Other: Accepts most health insurances
Will make home visits

Sandra Knoll,

Contact Information: 413-794-5779
Sandra.knoll@bhs.org

Business: Wesson Women's Services
Baystate Health System

Areas of Specialty: Women's Health and Pregnancy

Barbara Krolick, MS, RD, LDN

Contact information: 53 A S. Main St
South Deerfield, MA 01373
413-665-9920
barbarakrolick@gmail.com

Business: Barbara Krolick – Nutrition Consultant

Areas of Specialty: Diabetes/Pre-Diabetes
Celiac Disease
Lipid Disorders
Weight Management
Gastrointestinal Problems
CVD

Other information: Most insurance accepted

Michele LaRock, MS, RD, LDN

Contact Information: 12 Sunset Ave
Hatfield, MA 01038
(413)570-EAT1
RD@michelelarock.com
www.michelelarock.com

Areas of Specialty: Holistic Nutrition
Whole Foods Cooking Instruction

Stacey Madden, MS, RD, LDN, CPT

Contact Information: 30 Locust Street
Northampton, MA 01061
413-237-4100
Stayfit220@gmail.com

Business: Stacey Madden, MS, RD, LDN, CPT

Areas of Specialty: Adult Weight Management
Sports Nutrition
Disease Management and Prevention
Healthy Eating
Personal Training and Exercise
Group and Private Nutritional Counseling

Other information: Certificate of Training in Pediatric and Adolescent Weight Management through the Commission on Dietetic Registration
Lifestyle and Fitness Coach
Certified Personal Trainer through the American Council on Exercise (ACE)
Certification in Sports Nutrition through Simmons College
CPR and AED certified

Nicole Maslar, RD, LDN
Melinda Couture RD, LDN
Andrea Skwirz RD, LDN

Contact Information: 128 Tannery Rd
Westfield, MA 01085
413-427-6340
NickleRD@comcast.net

Business Name: Pyramid Nutrition Services

Areas of Specialty: Weight Loss
Pre and Post Natal
Hypertension
Diabetes
Celiac Disease
High Cholesterol

Other Information: Services provided at:
Healthy Horizen Community Wellness Center
59 Bridge St
South Hadley, MA
413-575-6873
www.healthyhorizen.com
Group and Private Counseling Available
Medicare Accepted

Susan Mazrolle

Contact Information: 413-531-3498
suemazrolle@verizon.net

Areas of Specialty: Wellness
Cardiac Risk Reduction
Nutrition Education for Geriatrics and Children

Zoraida C. Rodriguez

Contact Information: Diabetes Center of Western Mass, Inc.
1850 Northampton St.
Holyoke, MA 01040
413-552-0899

Business: Diabetes Center of Western Mass, Inc.

Areas of Specialty: Diabetes/Pre-Diabetes
Weight Management
High Cholesterol
High Blood Pressure
Corporate Wellness Program
Nutrition and Diabetes Classes for Private Organizations
Community Nutrition Classes

Other information: Bilingual/Bicultural in Spanish
Accepts Most Insurances + Fee for Service

Mary Shea Rosen,

Contact Information: 449 Guilford St
Brattleboro, Vermont 05301
802-257-9566
maryshearosen@comcast.net

Areas of Specialty: Long-term Care and Rehabilitation
Head Start
Weight Management CDR Certified Childhood and
Adolescents, and Adults Advanced Certification

Peter Stanton, MS, RD, LDN

Contact Information: 94 West Ave
Great Barrington, MA 01230

42 Summer Street
Pittsfield, MA 01201
413-429-8110
Peter@tnc413.org

Business: The Nutrition Center
www.thenutritioncenter.org

Area of Specialty: Nutrition Counseling for Adults and Children
Weight Management
Eating Disorders
Metabolic Syndrome
Digestive Disorders

Other Information: Most Insurances Accepted
Cooking Classes
Food Adventures- In-school cooking and nutrition education www.food-adventures.org

M Sheila Sullivan

Contact Information: 16 Mond Dr
Wilbraham, MA 01095

Area of Specialty: Renal

Arleen Thomson, RD, LDN

Contact information: 234 Russell St
Hadley, MA 01035
413-584-9888
arleenthomson@gmail.com
www.arleenthompson.com

29 Cottage Street
Amherst, MA

Business Name: Arleen Thomson, RD, LDN

Areas of Specialty: General Nutrition Counseling
Individual Counseling

Other information: 35 years experience
20 years in private practice
Accepts all major health insurance

Lisa Wilby RD, LDN

Contact information:	12 Coed Dr. Easthampton, MA 01027 413-218-5275 lisawilby@nutritionrealsimple.com
Business:	Nutrition Real Simple www.nutritionrealsimple.com
Areas of Specialty:	Adult Weight Management Group Nutrition Counseling Private Nutrition Counseling Cardiovascular Disease High Cholesterol Hypertension Healthful Eating Bariatric Lap Band and Gastric By-Pass Counseling Health and Wellness Coaching
Other information:	American Dietetic Association Certification in Adult Weight Management Accepts Most Insurances

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