

Jennifer combines her clinical nutrition knowledge with her counseling skills to help her clients reach their health and weight goals. Her passion for nutrition counseling started when she was studying food and nutrition at Montclair State University. She is also a fitness enthusiast and holds a Master's degree in exercise science from The George Washington University, and is a certified group fitness and yoga instructor. Jennifer sees clients in our Toms River, Piscataway, and Iselin locations.