

Audrey M. Perkins, RDN, CDN
Nutrition Therapist | Certified Intuitive Eating Counselor & Life Coach

Audrey brings nearly a decade of experience delivering nutrition care to individuals and their families. Upon completion of her studies from the University of Massachusetts Amherst and receiving licensure as a Registered Dietitian Nutritionist in 2014, she began her journey into the world of wellness, first specializing in geriatric nutrition care. In 2018, she began the transition to counseling in the adult population and currently works full-time as an outpatient nutritionist for the Veterans Affairs Healthcare Administration in Seattle, Washington.

In her practice, Audrey counsels individuals along a full spectrum of needs associated with food, physical movement, and behaviors for health. Inspiring, compassionate, thorough, and kind, she loves to teach others, imparting encouragement along with instruction. Audrey remains current on holistic health and wellness practices. She also maintains a strong interest in psychology, human behavior, and relationships.

In her spare time, Audrey enjoys reading, writing, staying active outdoors, exploring her new home in the city of Seattle and catching up with family and friends. She has dreams of starting her own nutrition and wellness practice, serving others ready to transform their health goals into living values.