

Hallmark Health System Outpatient Nutrition Services

Our three Registered/Licensed Dietitians at Hallmark Health System offer individualized counseling to patients. Erika Damon, MS, RD, Sara Henry, RD, CSO and Liz Dias, RD, CDE are available during the daytime and early evening for appointments.

Who may obtain outpatient nutrition services?

Any individual who has concerns or questions regarding proper eating habits may benefit from nutrition counseling, including pediatrics/adolescents through adults and athletes. Comprehensive nutrition counseling is also available to patients with medical conditions such as:

- Diabetes
- Cancer
- Eating disorders
- Gastrointestinal disorders
- Cardiovascular disease
- High blood pressure
- Pregnancy
- Kidney disease
- High cholesterol
- Obesity

A physician referral is needed for each outpatient nutrition counseling session.

Patients may be referred to the following locations:

Lawrence Memorial Medical Associates

Nutrition Clinic, Ste. 116
101 Main St.
Medford, MA 02155
Phone: (781) 391-2121
Fax: (781) 391-3911

Hallmark Health Hematology & Oncology Center

Stoneham Outpatient Campus
Nutrition Clinic
41 Montvale Ave.
Stoneham, MA 02180
Phone: (781) 224-5810
Fax: (781) 224-5813

Melrose-Wakefield Hospital

Nutrition Clinic
585 Lebanon St.
Melrose, MA 02176
Phone: (781) 979-3185
Fax: (781) 979-3189

Lawrence Memorial Hospital

Diabetes & Endocrinology Clinic
170 Governors Ave.
Medford, MA 02155
Phone: (781) 306-6370
Fax: (781) 306-6375

Please contact Central Scheduling to schedule an appointment, at (781) 338-7111.

Please contact Kim Talbot with questions at (781) 979-3615.