

Lauren is a Registered Dietitian from New Orleans, Louisiana. As a young girl she has always had a passion for helping others, eating well and fitness. Lauren graduated from LSU earning a BS in Nutritional Science, then went on to complete her dietetic internship from Tulane University.

Lauren has appeared on WWLTV, FOX 8, and Great day Louisiana. She is a member of KINE industry board at Tulane University, and a Healthy for life facilitator with American heart association. She has done countless presentations including being a key note speaker at Benchmark hospitality conference. Her zest for life and passion for helping others shines in everything that she does.

Prior to seeing clients Lauren enjoyed working for Eat Fit NOLA, a nonprofit organization partnering with restaurants and markets around New Orleans spotlighting healthful options on menus and shelves. She also has experience seeing patients in the hospital setting, working on the Transplant unit at Ochsner Main Campus.

She believes that health embodies your mind, body and soul. Staying active in faith and fitness + feeding yourself the right nutrients equals a healthier, happier you. She focuses on Faith, Food & Fitness on her Live Well with Lauren blog. www.livewellwithlauren.com

To set up your appointment please email lauren.hulin@ochsner.org or call her at 504-703-9088