

# Olson Center Brown Bag Speaker Profile: Laura Hernandez, MMN, RDN, LMNT, LD

## *Intuitive Eating 101*

Tues., Sept. 19, 2023



Laura Hernandez, MMN, RDN, LMNT, LD is a certified Nutrition Therapist at the Bariatrics Center for Nebraska Medicine. She provides inpatient and outpatient nutritional counseling and education.

Laura completed her Bachelor of Science in Nutrition & Dietetics from the University of Nebraska Lincoln, followed by a Dietetic Internship at the University of Nebraska Medical Center. She also received her Master of Medical Nutrition from the University of Nebraska Medical Center.

She is a Licensed Medical Nutrition Therapist for the State of Nebraska and also a Licensed Dietitian for the State of Iowa.

If you would like to contact our speaker please email: [lahernandez@nebraskamed.com](mailto:lahernandez@nebraskamed.com)

Laura Hernandez's presentation materials can be downloaded at:  
<https://www.unmc.edu/obgyn/community/brown-bag/bb-2023-2024.html>