

DENISE POUDRIER NORMANDIN, MA, RD, LD, DipACLM
Registered Dietitian Nutritionist

Founder of Enlighten Nutrition & Wellness
[Enlighten Nutrition & Wellness](#)



Denise has over two decades of experience as a Registered Dietitian, Nutrition Educator, Health Consultant and Coach. She is the Founder/CEO of Enlighten Nutrition & Wellness. Denise is a board-certified Diplomate/Practitioner in Lifestyle Medicine by the American College of Lifestyle Medicine (ACLM) and the International Board of Lifestyle Medicine (IBLM). Denise is a Licensed Dietitian through the States of New Hampshire and Maine. She has advanced Certificates of Training in Weight Management for Adults and Child/Adolescents from the Commission on Dietetics Registration. Denise achieved a Master of Arts degree from Plymouth State University (PSU) in Personal and Organizational Wellness, and a Bachelor of Science degree in Human Nutrition and Dietetics from Colorado State University. She is nationally recognized by the Wellness Council of America as a *Top 10 Health Promotion Professional*. Denise serves as adjunct faculty in Health & Human Performance at PSU, where she teaches applied nutrition and wellness courses. She is committed to building stronger, healthier individuals, families, and communities. A native to NH, Denise lives in the Lakes Region with her husband and four children. She is an avid outdoor enthusiast and has a love for hiking, fishing, and hunting. She enjoys gardening, cooking, and spending time coaching and watching her kids play sports.

Introduction to Denise: YouTube VIDEO LINK <https://youtu.be/IKYAcISsVJo>

