

It's not a Diet it's a Lifestyle!

**CONSULT A REGISTERED
DIETITIAN TODAY!**

**Individual and
Family Packages
Available**

Nutrition Counseling & Education:

Healthy eating, Weight loss, High cholesterol, Hypertension, Sports nutrition, Diabetes and other special dietary concerns.....

Sessions Include:

- ❖ Comprehensive Nutrition Assessment
- ❖ Education On Healthy Eating Guidelines
- ❖ Individualized Meal Planning
- ❖ Weight Management Strategies
- ❖ Learn How To Read Food Labels & Use Portion Control
- ❖ Step by Step Goal Setting
- ❖ Address Nutritional Concerns & Questions
- ❖ Grocery Store Tours & How to Shop*

* Additional Cost



PROVIDED BY: CHRISTEN ADAMS, REGISTERED DIETITIAN
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