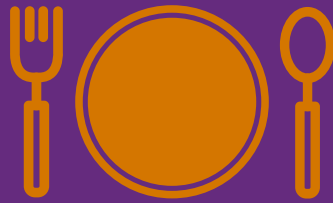


Nutrition Counselling

Are you interested in making diet and lifestyle changes?

A Registered Dietitian (RD) can help you make dietary changes to help optimize your health and well-being!



What is a Registered Dietitian?

- Regulated health professional
- Highly trained nutrition expert
- Member of your health care team

What does a Registered Dietitian do?

RDs use science-based knowledge to work with you on a wide range of topics, including:

- Diabetes Prevention and Management
- Emotional Eating
- Healthy Lifestyle
- Heart Disease and High Blood Pressure
- Food Allergies
- Gut Health
- And Much More!



How can I book an appointment?

You do not need a referral to access these free services!

To inquire if this service is available to you call: **705-740-8020**