



# NUTRITION

## Education



- *Medical Nutritional Therapy*
- *Healthy Cooking Classes*

### Medical Nutritional Therapy

Individual counseling for food and nutrition needs related to disease.

- *One-on-one sessions with a Dietitian (one hour)*
- *Citizens: \$70, Non-Citizens: \$80*
- *Covered by some insurance providers*
- *Call Dietitian Services at 231-924-1377 to register.*

### Healthy Cooking Classes

This class is designed to provide participants with useful tips and techniques for preparing healthy meals and snacks that are quick, easy, affordable and delicious.

- *Taught by a Registered Dietitian who will provide cooking demonstrations, healthy recipes, educational materials, product sampling, and much more!*
- *Call Amy Lynch, MA, RD, CDE at 231-924-1865 for more information.*

