

# NUTRITION

## Weight Management



### *New You with Health One*

### *Food Smarts*

### New You with Health One

20-week behavior modification program focused on making lifestyle changes for improved health and weight management. This full meal replacement medical program is structured with Physician and Clinical Support.

*Call Cathy Gragg, RD at 231-924-3073 for more information.*



### Food Smarts

Personalized one-on-one education and counseling sessions with a Registered Dietitian who is certified in Weight Management.

*One-on-one sessions with a Dietitian (one hour)*

*Citizens: \$60, Non-Citizens: \$80*

*Call Amy Lynch, RD, CDE at 231-924-1865 to make an appointment.*

