




# COMMAND CONTROL OF YOUR HEALTH

## Our program offers:

- ✔ Nutrition counseling & education
- ✔ Personalized meetings with a dietician
- ✔ Custom meal plans, grocery shopping lists and recipes
- ✔ Practical strategies, tools, and support to help you transition to a healthier lifestyle.
- ✔ Overall health improvement
- ✔ Disease management & prevention
- ✔ We can help create a connection between nutrition and health.

**Schedule your first  
appointment today!**

 404-501-7818

**Nutritional counseling to assist with non-surgical weight loss and disease management solutions specifically tailored to each individual.**