

## Nutrition Education

### *Nutrition Counseling*

Individual appointments with a Dietitian are available to community members for a variety of nutrition topics. These include nutrition as it relates to disease management, as well as prevention and general health.

### *Adult Weight Management Program*

Classes are offered with combination of individual and group sessions, taught by a Dietitian and other health experts.

### *Adult Diabetes Self-Management Training Program*

Classes are offered to the community through our American Diabetes Association-recognized program, and are taught by a Nurse and Dietitian team.

*For more information, call 727-8356*

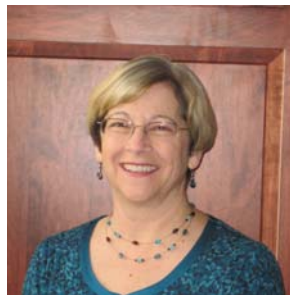


[www.stlukesonline.org](http://www.stlukesonline.org)

## ***Our Educators***



Sarah McLaughlin MS, RD, LD  
Clinical Dietitian



Nancy Dettori RN, CDE  
Nurse Diabetes Educator



Becky McCarver MS, RD, LD  
Clinical Dietitian



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