



# NUTRITION COUNSELING

**FREE FOR ALL WAWARSING ADULTS  
WHO ARE MANAGING OR AT-RISK OF  
DEVELOPING CHRONIC DISEASE**

WORK WITH OUR NUTRITIONIST ON:

- Action planning and goal setting towards a healthier life
  - Meal planning and prepping
  - Portion control
  - Healthy meal and snack recipes
- Lower sodium and sugar substitutions
- Answering any questions you may have!

**Contact us at (845) 647-6400 Ext. 215**

