NUTRITION COACHING



At the Rural Health Network, we support diabetes prevention and maintenance with practical, personalized guidance. Build healthier habits, manage blood sugar, and feel confident in your everyday choices.

Work with our Certified Nutrition Specialist

Courtney Jollie, MS, CNS

Consultation Includes:

- Complete Nutrition Assessment
- Personalized Calorie and Macronutrients
- Portion Control Guidance
- Healthy Meal Suggestions
- Daily Food/Fitness Tracking Guide
- Weekly, Bi-weekly, or Monthly Check-Ins

Nutrition Coaching for:

- Prediabetes/Diabetes
- High Blood Pressure
- High Cholesterol
- Weight Loss
- Improving Overall Health

November is Diabetes Awareness Month

BOOK NOW

(845) 647-6400 Ext. 209

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ELLENVILLE REGIONAL RURAL HEALTH NETWORK

ERHNY Ellenville Regional Hospital