



## NUTRITION SUPPORT DESIGNED FOR You

We offer **free** personalized nutrition support and counseling to help you reach your goals with confidence. Healthy eating starts with understanding your body, your mindset, and your unique health needs.

Our team of Registered Dietitian Nutritionists and a Certified Diabetes Care and Education Specialist bring expertise in **weight management, diabetes, cardiovascular health, allergies, disordered eating, and more.** Because every body is different, our experts can create individualized calorie and nutrition goals to fit your lifestyle and health conditions.

### HOW OUR DIETITIANS CAN HELP:

- Calculate personalized calorie and nutrition goals based on your needs
- Determine if your weight goals are realistic and healthy
- Guide you in improving your relationship with food and dieting
- Support condition-specific needs like heart health, diabetes, and digestive issues
- Help you make small, sustainable habit changes that lead to lasting results

Improving eating habits can be challenging—but you don't have to do it alone. Our compassionate experts are here to help you make confident, lasting improvements to your health and wellbeing.



Rene Ficek RD, LDN, CDCES  
President/Owner



Alyssa Salz MS, RD, LDN Registered Dietitian Nutritionist



Miranda Reinhardt MS, RD, LDN Registered Dietitian Nutritionist



Scan the QR code to schedule a free 15-minute phone consultation, or send an email to one of our dietitians via [dietitians@sshe.com](mailto:dietitians@sshe.com) at your convenience.



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