

Good News

Attention: Volusia Health Network (VHN) members at Halifax Health

VHN is offering a wonderful benefit to members. Meet with our registered and licensed dietitians for two sixty minute appointments a year, only a \$30/co-pay (\$294.00 value)

Who can benefit? YOU! (Check any that apply.)

- Do YOU have a family history of diabetes? YOU want to keep diabetes at bay. A dietitian can teach YOU skills to aid your efforts in preventing diabetes.
- Do YOU want improved heart health? Meet with a dietitian to learn ways you can modify your diet to lower cholesterol/triglycerides and blood pressure?
- Are YOU trying to lose weight?
- Maybe YOU want to eat healthy and stick to a budget?
- Are YOU crazy busy with no time to cook? We can help with meal planning tips.
- Pregnant/Breastfeeding moms: we can provide guidance and assurance that YOU are eating healthy to support your baby's growth and development.
- Athletes, YOU are working hard to get fit for your next event. We can help you fine tune your diet for top performance.
- Are YOU quitting smoking and don't want to gain weight?
- Do YOU have food allergies or food sensitivities and wonder what is safe to eat?

What is the benefit?

A Registered dietitian provides medical nutrition therapy for health conditions, monitors health parameters, serves as a health coach, and helps YOU achieve a better quality of health through improved eating habits.

If you want to become more engaged and in control of your health, take a closer look at your diet with a dietitian who can help YOU achieve your health goals!

Schedule an appointment with a Halifax Health – Wellness Center Dietitian for a nutrition assessment, education/coaching and recommendations tailored to your needs and goals and expert nutrition advice. Call: (386) 254 – 4031

