

BUILDING HEALTHY HABITS IS TOUGH.

ACCESS HEALTH EDUCATION IS HERE TO HELP!

PHONE &
VIDEO VISITS
AVAILABLE

Our team of experienced Registered Dietitians can help you...

- Manage chronic health conditions, such as diabetes, heart disease, kidney disease, digestive disorders, etc.
- Achieve and maintain a healthy weight
- Lower blood pressure and cholesterol
- Increase energy, improve sleep, strengthen your immune system, and improve the quality of your life
- Prepare healthy (and delicious!) meals on a budget

Services Available

- Nutrition counseling
- Diabetes Self-Management Education
- Diabetes Prevention Education
- Chronic Disease Self-Management Education
- Cooking Classes

Most major insurances accepted

Medicare • Medicaid • Prominence • Health Plan of Nevada •
UnitedHealthcare • SilverSummit • Aetna • Anthem • and more

CALL (775) 284-1898
to learn more about our services

