

NUTRITION

Coaching

Helping you meet your specific nutrition needs.

During these individualized one-on-one counseling sessions, you will get the knowledge you need to reach your wellness and nutrition goals. Meal planning, child and adolescent nutrition, sports nutrition, weight loss, heart healthy eating, and diabetes are just a few topics that your registered dietitian can coach you to success.

Stop by the 2nd floor of the RiverPlex to purchase your OSF Dietitian punch card or call 282-1637 for more information!

