

Introducing a NEW SERVICE available to YOU!

Eat Right, Live Life...
One bite at a time

Let Annie Bell, MS, RD, LD, SOWC's registered dietitian provide **technical expertise, guidance, & support** as you strive toward your wellness goals.

Nutrition services will be available at SOWC on Wednesday afternoons
Services available to our patients, friends & family members - anyone over age 18 welcome.

Choose a nutrition counseling package that meets your needs.

1 HR Diet Makeover	2 HR Diet Makeover	Total Nutrition Makeover	"Let's Do Lunch" Weight Loss Group
One 1-hr visit	Two 1-hr visits	One 1-hr visit Three 1/2-hr visits	8 meetings last 1/2 to 1 hr
A basic evaluation of current eating/ lifestyle habits with suggestions for improvement based on your wellness goals. A meal plan or menu designed to meet your calorie & nutrition needs will be provided.	The same as the 1HR Diet Makeover with an extra hour/ visit to follow up on attainment of goals, review food diary and to address questions/ issues that arise after your first visit.	An individualized package to thoroughly address your current nutrition challenges. 4 visits allow for accountability and more time to review food diaries, fine tune your meal plan, and address specific nutrition concerns and questions.	An 8 week program that features weekly weigh-ins and nutrition classes every other week (4 in all). A menu plan and accompanying easy recipes will take the guesswork out of what and how much to eat and the weekly motivation and email support will keep you heading toward your "feel great weight".



Call 210-692-9500 for an appointment