

## Consults

Are you looking for a nutrition expert? *Lora Williams, MS, RD, LD* can help you with:

- 🍏 Diabetes (type I, II, gestational)
- 🍏 Weight Management (loss, gain, or maintenance)
- 🍏 Eating Disorders (anorexia, bulimia, ED-NOS)
- 🍏 Kidney Disease
- 🍏 Gastrointestinal Issues (IBS, celiac, crohn's, colitis, GERD, etc)
- 🍏 Cardiovascular disorders (High blood pressure, cholesterol, triglycerides...)
- 🍏 Vegetarian / Vegan Diets
- 🍏 Bariatric surgery pre/post visits
- 🍏 Liver Disease
- 🍏 Anemia
- 🍏 Osteoporosis / bone health
- 🍏 Cooking Healthy and basic healthy diet
- 🍏 Pre and post natal care (gestational diabetes, breastfeeding, post partum weight loss)

**NEW!** Customized 3-day, balanced, Medical Nutrition therapy diet plan and Personal Chef: single meal or week at a time (all shopping, prep, and cooking included!). Homemade meals and snack treats for your dogs too!!

## Groups and Speaking



Do you learn better in small groups? Classes are 4 to 10 people. There are many topics to choose from and only cost \$10 per person per class. Some are series classes with 8 to

12 sessions. Choose from popular topics like weight loss, diabetes education, heart health, celiac, aging and nutrition, cooking, menu planning, basic nutrition, and more.

Call to be put on the class list for the nutrition topic that interests you. When there are 4 people, you will be called.

Don't want to wait? Put a group together and call me to meet your group's needs.

Are you putting together a community event or seminar? Do you need a nutrition professional as a speaker or presenter to enhance your objective? Call me.

## Writing

Need a published nutrition writer with credentials for your newsletters, magazines, newspaper or other publication? Recipe analysis or food labels are also available. Contact me to discuss your project needs.

## Corporate Wellness

FULL CIRCLE NUTRITION offers several options to meet company needs: Lunch and Learns, group classes, weight loss programs, train-the-trainer, and other nutrition-focused ideas for your wellness program. The Healthy Workforce



-Act introduced April 2009, provides an employer tax credit for the cost to offer "effective and comprehensive wellness programs."

Are you planning a health fair? Contact me to have a dietitian emphasize a nutrition topic of your choice.

**Full Circle Nutrition accepts POS, HMO's, PPO's, and Private Pay. Insurances accepted: BCBS, Cigna, Medicare-B, Health Net, Pacificare, Great-West, Health Allies, Access One, Medical Resource, Premara Blue Cross, Aetna, United Health, and Medicaid**

## Nutrition Education Classes

- 🍎 Living With Diabetes
- 🍎 Healthy Weight Loss
- 🍎 Tummy Troubles
- 🍎 Cholesterol, Hypertension, and Heart disease
- 🍎 Chocolate, It Does a Body Good
- 🍎 Portion Distortion
- 🍎 Nutrition Cents
- 🍎 Fad Facts
- 🍎 Sneaky Cook
- 🍎 Food Safety Jeopardy
- 🍎 Glitter Bugs!
- 🍎 The Food guide pyramid: Decoded
- 🍎 Avoiding the Freshmen 15
- 🍎 Supermarket savvy
- 🍎 Super Foods
- 🍎 Deal or no Deal
- 🍎 Cooking with Herbs
- 🍎 Budget Gourmet
- 🍎 Dear Diary
- 🍎 Deciphering Labels
- 🍎 Nutrition 101



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