

## Consults

Dietitian and 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)

**SE HABLA ESPAÑOL!**



**(940) 380-8780**

## Groups



We have group nutrition, diabetes, and weight loss classes. We offer exercise classes: Family Fit-n-Fun, Senior Fit, 4Kidz x Kidz, and Beginning

Beginners. All other classes are \$10 per class, some classes are covered by insurance! Choose from popular topics like weight loss, diabetes education, heart health, high blood pressure, basic nutrition, and more.

**Family Fit-n-Fun** is \$10 for 1 adult + 1 child. Add a child \$2, add an adult \$3 for a 10-week series. All classes are 6 to 15 people to maximize benefit. Personal Trainers are available for individual needs.



## Speaking and Writing

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

Do you need a published nutrition writer with credentials for your newsletters, magazines, newspaper, or other publication? 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.



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

## Insurances Accepted

Blue Cross Blue Shield  
Premera Blue Cross  
BlueAdvantage  
Cigna  
Humana  
MultiPlan / PHCS / PHCS  
Savility  
Medicare  
Blue Medicare PPO  
Medicaid Traditional  
Amerigroup / Amerivantage  
Cook's Children Chip/Star  
Superior chip / star  
Aetna medicaid chip / star  
Bravo / Health Springs  
Molina

Discount Programs  
Optum Health  
Great West,  
Health Allies,  
United Health  
Health Net  
Medical Resources

**www.fullcircledenutrition.com (940) 380-8788 fax**

## Nutrition Education Classes

- 🍎 Living With Diabetes
- 🍎 Healthy Weight Loss
- 🍎 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

## Take control of your diet, Take Control of Your Life!

Get the tools you need to eat right and take care of yourself! Call today to find out how a dietitian can help improve your health, mind, and body



## Full Circle Nutrition

(940) 380-8780

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721 North Locust

Denton, TX 76201-2950

[www.fullcirlenutrition.com](http://www.fullcirlenutrition.com)

# Medical Nutrition Therapy

EVIDENCED BASED NUTRITION YOU CAN TRUST



## FULL CIRCLE NUTRITION

LORA WILLIAMS, MS, RD, LD

DIETITIAN

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