Nutrition Services Available

**Nutrition Education Classes**

- Bone Health
- Weight Loss (I, II, III, IV)
- Injury, Repair, and Nutrition
- Nerve/Muscle Health
- Antioxidants
- Malabsorption and Health
- Vitamins Demystified
- Food and Mood
- Prenatal/Pregnancy Nutrition (I, II, III)
- Lactation Education (I, II)
- Eating Out Healthy
- Eating Healthy on the Run
- Fad Diets
- Cooking Classes
- Food Safety
- Kitchen Sanitation
- Glitter Bugs Hand Washing

**Diet and Recipe Analysis**

**Food Labels, Documentation**

**Publications**

**Individual Consultations**

**Custom Nutrition Packages**
Do you recall that feeling after recovering from a sickness or injury? It is wonderful to feel like your old self again—able to take on life’s tasks and challenges. Now, think about how it feels when you achieve a goal or accomplish a task? People naturally want to feel good physically, mentally, and enjoy a sense of accomplishment. When success, recovery, or accomplishment is assisted through a service, business, or practice, referrals are gained from satisfied customers who want their friends, family, and acquaintances to benefit as they did. As referrals grow, your business grows, and your business reputation is established, improved, or maintained. So the question is, what are you willing to do to obtain and maintain good business practices and satisfied customers?

**Benefits**
- Increased Revenue
- Increased Referral
- Value Added Service
- In-Line with Wellness Trend
- Increased Satisfaction
- Improved Employee Health
- Improved Performance

**How Does It Work?**
Patients, members, staff, clients, visitors sign up for classes or individual consults. The host location retains a referral fee, and the nutritionist retains the balance. Schedule a meeting to find out more!

The minimum class size is four.

Links to your business are put on our website, so when people want to find a location close to them, they can see where and when classes or consults are held.

We work with your current patients and help to develop new ones. New patients are referred through classes, contacts, mailings, and networking.

**Who is Full Circle Nutrition?**
Full Circle Nutrition started in 2004 with the intent to help improve an individual’s quality of life through nutrition.

Lora Williams, BSc., Nutrition, Lactation Counselor, and current Masters in Dietetics student, strives to provide the tools people need to help themselves. “It’s a wonderful feeling when you accomplish a goal. I like knowing I played a part in someone’s success.”

Please note: We work with in the ADA’s scope of practice for BSc. Nutrition. We do not handle medical nutrition therapy cases or concepts at this time.