

Consults

Whether in person or via Telehealth, Dietitian and Certified Diabetes Care Specialist *Lora Williams, MS,RDN,LD,CDCES* can help you with:

- 🍏 Diabetes (type I, II, gestational)
- 🍏 Acanthosis Nigricans, insulin resistance
- 🍏 Dysmetabolic Syndrome X
- 🍏 Weight Management
(loss, gain, or maintenance)
- 🍏 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
- 🍏 Osteoporosis / bone health
- 🍏 Prenatal and postnatal Nutrition
- 🍏 Cooking Healthy and basic healthy diet

SE HABLA ESPAÑOL!

Groups



If your insurance policy doesn't cover nutrition visits or limits them? We have group diabetes, kidney disease heart disease,

hypertension, and weight loss classes for \$17 per person per class of 10 or more. A package of 8 classes is \$150. Ask for a superbill and submit it for reimbursement, they *may* cover it!

Family Fit-nFun

is \$40 / family of four. There must be at least (4) families signed up for the class to run. Personal Trainers are available for individual needs.



Speaker and Writer

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. Let's get your OSHA req's met



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

Insurances Accepted

Blue Cross Blue Shield
Premera Blue Cross
BlueAdvantage
BCBS Health Select
United Health Care
United Health Care Advantage
CIGNA
Humana
Aetna
MultiPlan / PHCS / PHCS
On-TRAK

Medicare Part B
Blue Medicare PPO
BCBSTX Medicaid
Traditional Medicaid
Cook's Children
Chip/Star/StarKids
Superior chip / star
Aetna medicaid
Molina



(940) 380-8780

www.fullcirlenutrition.com (940) 380-8788 fax



Nutrition Education Classes

- 🍎 Living With Diabetes
- 🍎 Healthy Weight Loss
- 🍎 Cholesterol, Hypertension, and Heart disease
- 🍎 Plant Your Fridge
- 🍎 Farm to Fork
- 🍎 Edible Landscaping
- 🍎 Understanding Plant Based
- 🍎 Deciphering Health Claims
- 🍎 Advanced Label Readkig
- 🍎 Chocolate and Health
- 🍎 Portion Distortion
- 🍎 Nutrition cents
- 🍎 Fad Facts
- 🍎 Sneaky Cook
- 🍎 Food Safety Jeopardy
- 🍎 Glitter Bugs!

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

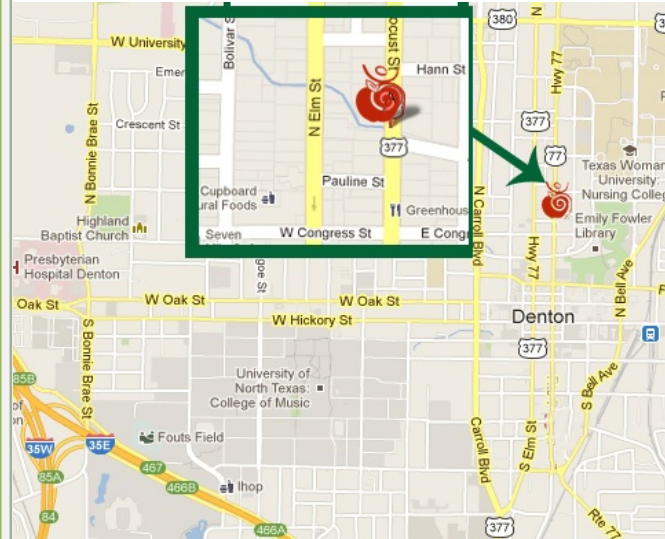
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www.fullcirlenutrition.com



Medical Nutrition Therapy

EVIDENCED BASED NUTRITION YOU CAN TRUST



FULL CIRCLE NUTRITION

LORA WILLIAMS, MS, RDN, LD, CDCES
PRIVATE PRACTICE DIETITIAN