

## **Free Nutrition Counseling Available to Senior Center Members**

### **What is it?**

An individual session with Laura Lienhard, Registered Dietitian Nutritionist who will provide dietary advice tailored to your personal health concerns and food preferences.

### **How much does it cost?**

It's free!

### **How long does it take?**

Each session is approximately 1 hour. Laura will ask questions about your current diet and health concerns, then provide suggestions for making healthy food choices.

### **Where does it take place?**

Sessions are conducted by phone or Zoom meeting until the Senior Centers reopen.

### **What are the benefits?**

-Can improve chronic conditions such as high blood pressure, heart disease, and diabetes.

-Can help with quality of life by improving energy and well-being.

### **Who can receive the service?**

Any Senior Center member.

### **How can I schedule an appointment?**

Contact: Laura Lienhard, RDN

Call or text **443-401-2194** or email **seniorcenterdietitian@gmail.com**