

# VIRTUAL NUTRITIONAL COUNSELING

Interested in improving health or reversing disease by improving your diet? Are you concerned you may have a nutrient deficiency? Do you want to increase energy levels or achieve a healthy weight?

Our registered dietitian, Nasira, can help you assess your diet and reach your nutrition and fitness goals with realistic and timely strategies. Contact her today to schedule your initial nutrition counseling session.



- DrPH Nutrition, Loma Linda University
- Registered Dietitian, Loma Linda University
- MPH Community Health Science, UCLA
- BS Nutrition Science, University of Arizona

- 60 min Initial Meeting: \$98
- 45 min Follow Up Meeting: \$80

To schedule your meeting please email Nasira at [NASIRASNUTRITION@GMAIL.COM](mailto:NASIRASNUTRITION@GMAIL.COM)

