

HUMAN RESOURCES *presents*

Nutrition Consulting

Our Nutrition Consultation program will provide you with personalized experience to help you achieve your nutrition goals.

Who Can Benefit from a Nutrition Consult?

Lots of people can benefit from working with a nutritionist, for many different reasons – whether you need a complete diet overhaul, are looking to manage a medical condition, want to fine-tune your food choices, or get inspiration for new, healthy recipes.

For more information or to schedule an appointment, call the Employee Medical Clinic 832-824-2150, option 2.

Program Includes:

- Nutrition consultations with our Registered Dietitian
- Personalized action plan to help you adopt a healthier lifestyle
- Tips to manage portion sizes
- And much more!

BROUGHT TO YOU BY YOUR EMPLOYEE HEALTH & WELLNESS TEAM.



Texas Children's
Hospital®