

Nutrition Consultations for Fleming

What is a MHealthy Nutrition Consultation?

Whether you're unsure of how to balance your caloric and nutritional needs, trying to make sense of conflicting nutritional information or just looking for support in your continued weight loss efforts, an MHealthy nutrition coach will help you in a supportive, confidential way. MHealthy nutrition coaches are registered dietitians, nutrition experts you can trust.

A MHealthy Nutrition Consultation is an opportunity to meet with a MHealthy Registered Dietitian to develop your plan for improved nutrition.



Consult Dates (all appointments are in the Fleming Building):

- February 1: 9:00 a.m. - 3:30 p.m.
- March 3: 9:00 a.m. - 3:30 p.m.
- April 7: 9:00 a.m. - 3:30 p.m.



To Register:

Visit: <https://www.signup4.net/public/ap.aspx?EID=2011516E&OID=130>

Questions?

Email: mhealthy@umich.edu or Call: 647-7888



NUTRITION