

Consults

Are you looking for a food and nutrition expert? Do you need a dietitian? Look no further. *Lora Williams, MS, RD, LD* can help you with a variety of nutrition related concerns, like:

- 🍎 Weight management
(loss, gain, or maintenance)
- 🍎 General Health and Wellness
- 🍎 Family Nutrition / Meal Planning
- 🍎 Sports Nutrition
- 🍎 Weight loss surgery
(before or after)
- 🍎 Cardiovascular disorders
(High blood pressure, High Cholesterol, Hyperlipidemia, Heart Healthy)
- 🍎 Diabetes, pre-diabetes, hypoglycemia
- 🍎 Gastrointestinal disorders
(IBS, celiac, crohn's, ulcerative colitis, allergies, intolerances)
- 🍎 Kidney disease & kidney stones
- 🍎 Anemia
- 🍎 Pre and post natal care
(Gestational diabetes, breastfeeding, post partum weight loss)
- 🍎 Vegetarian Diets
- 🍎 Nutrition and Osteoporosis
- 🍎 Aging and Nutrition

Nutrition Education Classes / Speaker

Do you function better in small groups? A group class may be better for you. Classes are limited from 4 to 10 people. Gather a group of friends, choose a topic from the list in this brochure, and reserve a date. Custom topics are an option.

Are you putting together a community event or seminar? Do you need a nutrition professional as a speaker or presenter to enhance the objective? Call me.



Nutrition Writing

Do you have a publication, pamphlet, brochure, newsletter, or document that needs a nutrition professional's touch? Contact me to discuss your project needs.



Worksite Wellness Programs

Does your office need a pick-me-up? Bring nutri-tainment to your company.

Choose from Health Screening / health promotion, lunch and learns, on-site work outs, or train the trainer.

Worksite wellness programs are offered before work, during lunch, after work, or on the weekends. Energize your team and reap the productivity benefits.

Private consults are available individually or sold in packages of 3, 6, and 12 visits. Contact me for group, corporate/organization, and speaker pricing.

Call for an appointment today!
(805) 215-0363

Nutrition Education Classes

- 🍎 **Chocolate, It Does a Body Good**
- 🍎 **Portion Distortion**
- 🍎 **Nutrition Cents**
- 🍎 **Fad Facts**
- 🍎 **Sneaky Cook**
- 🍎 **Food Safety Jeopardy**
- 🍎 **Glitter Bugs!**
- 🍎 **Snack Attack**
- 🍎 **The Food guide pyramid: Decoded**
- 🍎 **Avoiding the Freshmen 15**
- 🍎 **Supermarket savvy**
- 🍎 **Super Foods**
- 🍎 **Are you my Mother?**
- 🍎 **Deal or no Deal**
- 🍎 **Cooking with Herbs**
- 🍎 **Budget Gourmet**
- 🍎 **Dear Diary**
- 🍎 **Deciphering Labels**
- 🍎 **Nutrition 101**
- 🍎 **King Me!**
- 🍎 **What Am I?**
- 🍎 **Hot Potato**



Nutrition Services

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