

You have been referred to see a Registered Dietitian

Reasons to see a Registered Dietitian include but are not limited to:

- High cholesterol
- Kidney disease
- Prenatal Nutrition
- Infant feeding
- Pre-diabetes/Diabetes
- Meal Planning
- Iron Deficiency Anemia
- Diverticular disease
- Irritable Bowel Syndrome (IBS)
- Crohn’s Disease/Ulcerative Colitis
- Vegetarianism
- Healthy Eating for toddlers, preschoolers or adolescents

Wellness Workshops

You are invited to attend the following workshops by visiting our website at www.newvisionhealth.ca:

Workshop	Description	Who	Duration
Intro. To Solids	Learn how and when to introduce solid foods to your baby.	Parents/guardians	One-time workshop for 1 hour
Eat Well, Live Well	Gain practical nutrition and lifestyle strategies to improve your health and reduce your risk of developing chronic disease.	Adults	One-time workshop for 1.5 hours
Craving Change	A 4-part series led by a Registered Dietitian and Social Worker, focusing on strategies to improve your relationship with food.	Adults	Four sessions for 1.5 hours
Walk and Talk	Join our Social Worker and Registered Dietitian walking group. Nutrition/stress management tips also provided for your daily life.	Adults	Six sessions for 1.5 hours
Worth the Weight	Weight management program with a focus on all aspects of health and well-being for people of all sizes	Adults	One 1.5 hours intake session and then weekly 1 hour drop-in sessions
How to Feed a Picky Eater	Help your children become competent eaters and make mealtime a positive experience for all!	Parents/guardians	One-time workshop for 1 hour



New Vision

Family Health Team

What's next?

- Contact our office to book your appointment at 519-578-3510
- Appointments can last up to one-hour and are held at our main site: 421 Greenbrook Drive, Kitchener, ON
- Your health and diet history will be collected and reviewed
- Dietitians provide nutrition education/counseling for a variety of age ranges and disease states
- These services are available for free to patients of the New Vision Family Health Team as they are funded by the Ministry of Health and Long-Term Care
- If a special situation arises and you have to change or cancel your appointment, please call our office at 519-578-3510 as soon as possible (at least 24-48 hours' notice) and please be mindful of your appointment time