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](http://www.newvisionhealth.ca):

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

**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