



PROVIDENCE Diabetes and Nutrition Center

1160 Varnum St., NE | DePaul Professional Bldg., Ste. 110 | Washington, DC 20017

www.provhosp.org | Ph: (202) 854-7128 | Fax: (202) 854-4082



INDIVIDUAL MEDICAL NUTRITION THERAPY SESSION

EACH SESSION IS 60 MINUTES.

A BENEFIT OF YOUR

MY HEALTH GPS PROGRAM ENROLLMENT!

One-time Individual Session

By Appointment
Only

*Insurance and a physician referral
required. Appointment and Pre-
registration required.*

*Participants should arrive 15 minutes
prior to the session.*

Topics

- Provide Therapeutic Lifestyle Changes (TLC) to include:
Basic meal planning guidelines
Weight management tips
Physical activity and exercise suggestions
Stress reduction activities
- An individualized meal plan
- Resources that can assist you with your nutrition journey

Sessions led by

Registered Dietitian/Certified Diabetes Educator, Andrea C. Troutner

For more information, please call

(202) 854-7128