

Nutrition *Counseling*

**Coaching, Encouragement,
and Support to help you achieve your
goals, and lead a healthier lifestyle.**



At Adagio Health, we know that one size does not fit all. There are many paths to a healthier lifestyle. We're here to guide you on the path that makes the most sense for YOU and your family.

Our Registered Dietitian offers nutrition counseling and support with in-person appointments at our Uniontown Health Hub, and can also serve patients virtually throughout Western PA.

Nutrition counseling helps you understand how the foods you eat impact your body, energy levels, and overall well-being. It's not about following a strict diet or giving up the foods you love – it's about finding balance and making small changes that work for you.

To make an appointment with a Registered Dietitian, email us at **RD@adagiohealth.org** or give us a call at **878-978-2805**.

adagiohealth.org/nutrition-counseling



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