



# Registered Dietitian Services

To continue supporting the long-term health and wellbeing of Local 183 members and their eligible dependents, the LiUNAcare Local 183 Health Clinic is excited to introduce Dietitian Services at its 200 Labourers Way, Suite 3300 location.

Members and their eligible dependents will now have access to a Registered Dietitian (RD) for in-person assessments, offering private one-on-one consultations to address a wide range of nutrition and health priorities, including:

## Weight Management



Personalized strategies for healthy weight loss, weight gain, and long-term maintenance, designed to fit seamlessly into work, family, and everyday routines.

## Chronic Disease Management



Nutrition support for diabetes, heart disease, high blood pressure, fatty liver disease, and other chronic conditions, focused on prevention, symptom management, and long-term health outcomes.

## Digestive Health



Guidance for managing irritable bowel syndrome (IBS), food intolerances, bloating, and other digestive concerns, with tailored plans to identify triggers and support lasting relief.

## Allergies & Intolerances



Support for managing food allergies and sensitivities, including gluten and lactose intolerance, while maintaining balanced, enjoyable, and nutritionally complete dietary habits.

Any patient who has completed their Health Risk Assessment (HRA) will also have the opportunity to meet with the Registered Dietitian immediately afterward to review their results and discuss tailored nutrition strategies that support their overall health objectives.

**You can also schedule follow-up appointments or check-ins as needed after your initial consult.**

### Start Today for a Healthier Future

Book your in-person consultation today at 1-888-435-1456.