



## Nutrition and Diet Training

Have you been diagnosed with a condition or disease that could be managed better with diet? Or are you interested in learning about how to lose weight or perhaps just desiring to eat healthier? Diet trends and food fads are everywhere and seemingly constantly changing that one may wonder what to do!!

Lakeside Rehabilitation and Family Fitness has teamed up with a Registered Dietitian to teach group classes and provide private consultations to those in need of dietary guidance. She will teach classes such as dietary measures to manage diagnoses such as cancer, heart disease and diabetes. She will also teach a weight management class and a healthy diet for a healthy lifestyle class. All participants should feel free to bring questions they may have. The class settings are meant to be informative and yet informal enough to help everyone feel welcome and included.

### **ABOUT OUR DIETITIAN:**

Crystal Riley was born, raised and currently resides in Oceana County. She graduated from Hart High School and went on to receive her degree in Dietetic at MSU in 2006. MSU is ranked the 2<sup>nd</sup> best school in the nation for their Dietetics program. Crystal graduated with honors and received a Health Promotion Certification. Following her graduation she completed her internship through MSU as well. She is a member of Dietitians of Western Michigan and The American Dietetic Association. Dietitians are registered and licensed as nutrition professionals. Crystal has a passion and desire to impart nutritional knowledge to the area and people of Oceana County.

### **Healthy Lifestyle Group Class: Thursday June 15<sup>th</sup> @ 7pm**

You are what you eat! Perhaps you would like to learn about how to take the best care of your body and eat in a way to help you feel your best? Better energy. Better choices. All start with better understanding. You are welcome to join and bring your questions!!

**Cost: \$10.00 per participant**

Reserve your spot today! Space is limited. Call **213-873-3566** to be added to our list.

### **PRIVATE INDIVIDUAL SESSIONS:**

Sessions will be available from 9am to 6pm. Schedule a 30 minute session with Crystal for \$28 or a 60 minute session for \$55. Call for availability and more information.



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