

## A MORE HEALTHY LIFESTYLE AWAITS

We know that nutrition and food choices are not a "one-size-fits-all" matter. Our Registered Dietitians can help you set patient-centered goals. Services include:

- Nutritional counseling and education for all ages
- Weight management plans
- Diabetes prevention and diabetic care
- Cooking demonstrations and classes
- Grocery store tours
- And more

## WE ARE HERE FOR YOU

Take your first step today!  
To learn more, contact one of our Registered Dietitians at:

**541-672-8533**

**COW CREEK HEALTH AND WELLNESS CENTER  
NORTH (ROSEBURG) CLINIC**  
2589 NW Edenbower Blvd.  
Roseburg, OR 97471

**CLINIC HOURS**

8 AM - 5 PM | Monday - Friday

**COW CREEK HEALTH AND WELLNESS CENTER  
SOUTH (CANYONVILLE) CLINIC**

480 Wartahoo Lane  
Canyonville, OR 97471

**CLINIC HOURS**

8 AM - 5 PM | Monday - Friday



## NUTRITION AND LIFESTYLE MANAGEMENT

COW CREEK HEALTH AND WELLNESS CENTER







## A GREAT FIRST STEP

Our Dietetics Department team looks forward to helping you take the first few steps in your journey toward a healthier you!



## WHAT WILL A REGISTERED DIETITIAN DO FOR YOU?

- Work closely with your clinical team to assure total quality care
- Assist you in making beneficial lifestyle changes
- Create an individualized meal plan and offer recipe suggestions based on your food preferences
- Help you manage chronic diseases such as high blood pressure, diabetes, and chronic kidney disease
- Provide guidance on navigating food allergies, sensitivities, and intolerances

## PREVENTING AND CONTROLLING DIABETES

The Centers for Disease Control and Prevention reports that in 2019, 8.7% of the US population and 14.5% of American Indians and Alaska Natives were diagnosed with diabetes.

### LET US HELP YOU STAY IN CONTROL BY:

- Lowering your risk of complications associated with diabetes
- Screening all individuals for diabetes risk
- Weight loss or weight maintenance counseling