

Dignity Health - St. Rose Dominican now offers Nutrition Services for Ryan White clients.

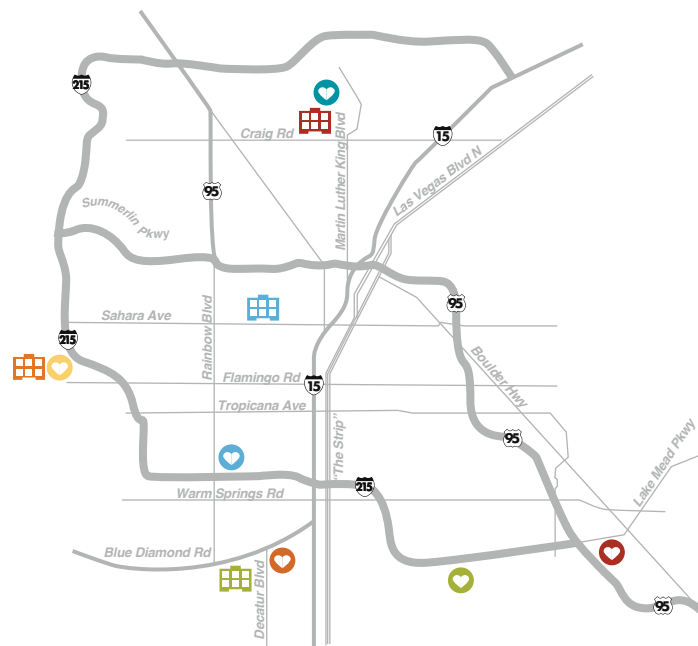
## Benefits of Nutrition Education

Food is fuel for your brain and directly affects the function of your whole body! When you upgrade to a premium diet with high-quality foods packed with vitamins and minerals, you can greatly improve your wellbeing. Benefits can include:

- Increased energy and emotional health
- Prevent long-term diseases
- Reach and maintain a healthy weight
- Lower blood pressure
- Prevent or control diabetes
- Improved control of cholesterol and blood lipids

### Dignity Health also offers these service to help manage your chronic conditions:

- Medical Nutrition Therapy
- Chronic Disease Self-Management Program
- Positive Self-Management Program



### Neighborhood Hospitals

- Blue Diamond Campus
- North Las Vegas Campus
- Sahara Campus
- West Flamingo Campus

### Community Outreach Centers

- ♥ Community Outreach Center – Green Valley
- ♥ Community Outreach Center – Henderson
- ♥ Community Outreach Center – West
- ♥ Dignity Health Wellness Center – Blue Diamond
- ♥ Dignity Health Wellness Center – North Las Vegas
- ♥ Dignity Health Wellness Center – West Flamingo



## Positive Lifestyle & Nutrition Program



## Did you know?

People living with HIV may have nutritional deficiencies...

Our Registered Dietitians are here to help!

## Living Your Best with HIV

The Positive Lifestyle and Nutrition Program offers comprehensive and individualized consultations to meet your health and nutrition goals.

Our intensive program helps you manage and reduce HIV-related complications and reduce hospitalizations.

Join us as we cover HIV and nutrition related topics that can change and improve your quality of life.

Ask your provider for a referral today!

### Learn How To:

- Reduce long-term complications related to nutrition
- Plan healthy meals
- Reach your weight goal
- Navigate grocery stores for healthy foods
- Read and understand nutrition facts labels
- Choose healthy foods when dining at restaurants and fast food places
- Live a well-balanced lifestyle through food and nutrition



### Role of the Registered Dietitian

- Provide individualized nutrition care and recommendations
- Assess nutrition status and provide interventions and resources
- Monitor and evaluate nutrition status
- Help with goal setting and problem solving

### Role of the Client

- Complete referral survey so your Registered Dietitian can customize your consultation
- Come ready to learn and ask questions
- Get the care you deserve!

Call **702.616.4906** or email **Lauren.Goddard@DignityHealth.org** to enroll today!

### Get Exclusive Access to:



Locally grown fresh fruits and vegetables delivered to you



Individual consultation with a Registered Dietitian to customize your healthy eating plan



Manage a healthy weight by eating immune-boosting foods



Learn about healthy eating including tips for grocery shopping, cooking, and dining out

