

Walk ‘n’ Talk with the RD!



We are offering a new way for you to access the expertise of a Registered Dietitian, while getting regularly scheduled exercise!

“Walk ‘n’ Talk with the RD” sessions are similar in cost and content to regular in-office meetings with Page Love, MS, RD, LD. You still receive the

one-on-one attention, expert advice, and answers to your questions about nutrition, fitness, and health.

These sessions, though, have the added benefit of a 30- to 45-minute walk in the fresh air, which stimulates your cardiovascular system, increases energy levels, helps with weight management, and has many other proven benefits. If you have ever wanted the motivation and discipline of an appointment to walk, these sessions are for you!

Call today to schedule your **“Walk ‘n’ Talk with the RD”** sessions!