

### Location

The Nutrition Counseling Program office is located inside the Bennett Street entrance of the Faxton Campus, 1676 Sunset Avenue, Utica. The office is the last office on the right, by the green elevators.

### Sports Nutrition Counseling Program

The Sports Nutrition Counseling Program is geared toward improving the nutritional knowledge and performance of athletes of all ages and abilities. It provides individual nutritional counseling, body composition analysis and much more to athletes in the community as well as to individual athletes and teams at schools and colleges. For more information or to schedule an appointment, call **315-624-5207**.

### Core 4 Program

Core 4 is an individualized weight management program for anyone interested in losing weight and adopting healthy eating habits. This program focuses on healthy eating, goal setting and weight maintenance. It includes a one-on-one initial visit with a registered dietitian to assess health and weight status, energy needs for weight loss and self monitoring parameters, along with 11 additional group education classes.

For more information on whether a nutrition appointment is right for you, call a registered dietitian today at **315-624-5207**.



NUTRITION SERVICES  
Faxton Campus  
1676 Sunset Avenue  
Utica, NY 13502  
P: 315-624-5207  
F: 315-624-4877

[mvhealthsystem.org/eat-right-live-right](http://mvhealthsystem.org/eat-right-live-right)

**Eat Right. Live Right.**  
Nutrition counseling program



At the Mohawk Valley Health System (MVHS) we offer personalized nutrition counseling and weight management education programs for both the community and corporations.

Registered dietitians complete a comprehensive nutrition evaluation for you, allowing you to develop an individualized plan that fits your goals, medical needs and lifestyle.

Through our programs, you gain the tools you need to improve your health as well as prevent and manage disease.



#### **Join Us and Get Fit for Life!**

Nutrition appointments may be scheduled for a variety of health conditions and age groups including, but not limited to:

- Weight reduction and maintenance
- Bariatric nutrition for pre- and post-operative patients
- Poor weight gain
- Kidney failure
- Cardiovascular diseases, including high cholesterol and high blood pressure
- Chronic obstructive pulmonary disease (COPD)
- Gastrointestinal conditions, including Crohn's disease, celiac disease and reflux
- Eating disorders such as anorexia nervosa, bulimia nervosa and binge eating
- Enteral nutrition support (tube feeding)
- Diabetes, when secondary to other health issues
- Cancer treatment/prevention
- Pregnancy and lactation.

#### **Referrals**

A referral from your physician's office is required for the program.

#### **Cost**

Staff from Eat Right. Live Right. work with you and your insurance company to obtain the appropriate reimbursement. All costs and out-of-pocket expenses are explained.

#### **Appointments**

Appointments are scheduled Monday through Friday. Evening and Saturday appointments are available on an individual basis.



### **Community and Corporate Wellness Programs**

- Provide support for local health fairs
- Disease treatment and prevention
- Healthier eating for higher job performance
- Weight management
- Age-appropriate nutrition education in schools.