



Nutrition Consultations & Dietitian Debriefs

with Associate Wellness Registered Dietitian Nutritionists:
Monica Kelly & Mary Lou Pompeii

Are you challenged with a new medical diagnosis that requires a change in diet? Confused over messages in the media that promote excess sugar and fat intake? Just want to talk “sense” with a nutritionist?

Nutrition Consultations

One-on-one virtual, telephonic, or in-person (limited). Expanded availability to fit into all schedules and shifts (including some evening hours).

Dietitian Debriefs

Virtual presentation for your team/department on nutrition topics like: healthy eating while teleworking, brain boosting nutrition, mindful eating, and more.

Set up a free consultation or debrief by emailing WellnessRD@montefiore.org



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