



# Nutrition Consultations & Dietitian Debriefs

with a To Your Health! Registered Dietitian Nutritionist

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 [mpompeii@montefiore.org](mailto:mpompeii@montefiore.org)

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To Your Health!  
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