

Nutrition Services Now Available!



A Service of the Medical Center of Central Georgia

Proper nutrition can effect your health, the way you feel, weight and medical conditions. Let us help!

Now Offering

Nutrition Consults (*\$45 per hour for employees—Payroll Deductible! \$50—Wellness Center/Macon Health Club Members and \$60—Non-WC/MHC Members*)

- Nutrition Education
- Dietary Analysis
- Individualized Meal Planning
- Portion Control
- Guidelines for Medically based diets
- Weight Management

Also Available for groups and worksite programs:

- **Lunch and Learns**
- **Nutrition Demonstrations**

For more information, contact
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**THE
WELLNESS CENTER**
A service of The Medical Center of Central Georgia

**MACON
HEALTH CLUB**
A service of The Medical Center of Central Georgia