

# Nutrition Services

*Eating for Your Wellbeing*

What you eat plays a vital role in how your body and mind function! Our nutritionists can help by making realistic recommendations based on your circumstances, offering ideas to create a more balanced lifestyle, and guiding you to healthier eating habits.

## Visit us for:

- **Diabetes- prediabetes, type 1, and 2**
- **High cholesterol, blood pressure, and other heart conditions**
- **Weight loss or weight gain**
- **Celiac disease and other food allergies/ intolerances**
- **Irritable bowel syndrome (IBS), acid reflux, and food-related digestive issues**



Call **425-789-3789** or visit **chcsno.org**  
for more information about our services.

## Let us help you set realistic nutrition goals! Our nutritionists can:

- Provide meal planning tools and support
- Offer special diet recommendations
- Observe and treat chronic conditions through diet change

Nutrition services are available to established adult and pediatric patients who have received a referral from a CHC primary care provider. Once a referral is received a scheduler will contact you to make an appointment. Talk to your primary care provider about whether a visit to the nutritionist would be beneficial to you and your family!



## Community Health Centers

 Medical  Dental  Pharmacy  Walk-In Clinic

ARLINGTON     
326 S Stillaguamish Ave

EDMONDS      
23320 Hwy 99

EVERETT-CENTRAL      
4201 Rucker Ave

EVERETT-COLLEGE   
930 N Broadway

EVERETT-NORTH     
1424 Broadway

EVERETT-SOUTH     
1019 112th St SW

LYNNWOOD     
4111 194th St SW

Call to schedule an appointment at  
**425-789-3789** at one of our locations.

*Providing access to high-quality,  
affordable healthcare.*

[chcsno.org](http://chcsno.org)