

MY NUTRITION STUDIO



If you're ready to make a positive shift in the way you live, including your nutrition, exercise, and stress management, you may want to experience the benefits of working with a qualified nutrition professional 1-1 who's dedicated to your health and wellbeing. The more we know about our bodies, our food, and our well-being, the sooner we can recognize that we have a powerful ability to impact the way we feel every day!

What is a **Registered Dietitian Nutritionist**?

Registered dietitian nutritionists, or RDNs, are **THE** food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. The expertise, training and credentials that back a registered dietitian nutritionist are vital for promoting positive lifestyle choices.



- Women's Health
- Diabetes
- Fertility
- Food Allergies
- PCOS
- Pregnancy/Postpartum
- Weight Mgmt
- Obesity
- Hypothyroidism
- GI Disorders
- Nutrition Support
- Oncology
- Heart Disease
- Sports Nutrition
- ED Supportive Care
- General Wellness

^ Scan the QR code to schedule at www.mynutritionstudio.com or call us at **210.320.0979**

Sessions take place virtually or (per request) at the location of **242 W Sunset Suite 102 San Antonio, TX 78209**



*Not covered by your insurance? We also offer affordable memberships.