

# Nutrition Counseling

FOR NEW HANOVER COUNTY EMPLOYEES

Available on-site at the Way Clinic  
and virtually via Zoom!

## Our Registered Dietitians can help you with:

Digestive Discomfort  
Food Allergies & Sensitivities  
Chronic Disease Management  
Women's Health & Hormones  
Relationship with Food  
Weight Loss & Management  
Meal Planning  
Nutrition Education  
Healthy Lifestyle Choices

## No cost, employee wellness benefit!

As part of your BCBS employee benefits package with NHC, **services are covered in full with no out-of-pocket cost!**

## Schedule an appointment!

Schedule online via website

<https://summerfieldcustomwellness.com/NHC/>

or

910.663.5166

or

info@summerfieldcw.com



Meet with Kerrie and Caroline,  
Registered Dietitians with  
Summerfield Custom Wellness!

