



Nutrition Therapy Department, Goshen Hospital, 200 High Park Ave. Goshen, IN 46526  
574/364-2679

## **RESOURCES FOR NUTRITION INFORMATION**

***Individual Diet Counseling with a Registered Dietitian:*** Call Outpatient Scheduling at 574/364-2400 or 1-866/724-3851. A physician's referral is required.

***Healthy Steps to a Healthy Weight:*** This weight management program teaches individuals skills that are necessary to live and maintain a healthy body weight and how to incorporate healthier habits into their daily lifestyle. Taught by a Registered Dietitian and an RN, Lifestyle Counselor. Call 574/364-2855 for more information.

***Center for Weight Reduction:*** Whether it's a surgical procedure or a medically managed weight-loss program, everything is in one place. Work one-on-one with a bariatric physician, nurse practitioner, registered dietitians, personal trainers, and surgeons to develop a personalized weight-loss plan. Includes an on-site fitness area. Call 574/537-8326 for more information.

***Noontime Nosh:*** These cooking demonstrations and tastings feature healthy, tasty recipes made with cancer-fighting foods. Taught by the Center for Cancer Care Registered Dietitians. Meets the first Thursday of every month from 12-12:45 pm in the CCC 2<sup>nd</sup> floor Conference Room. Call 574/364-2868 for more information.