



Deena Heen, RD

## Need to Lose Weight or Nutritional Counseling

### Lifestyle Solutions Will Help You

Confidential Nutritional Counseling by a  
Registered Dietitian

Call 320-293-5240 to inquire or schedule an  
appointment

(Doctor referral not required)

#### **Mission statement**

Provide nutritional counseling using behavior management strategies and techniques that will improve health and wellness for a lifetime.

#### **Services**

- Nutritional counseling and education to achieve behavioral goals that lead to long term success for individuals and families
- Personalized menu planning, personal grocery shopping, grocery store tour, in home pantry stocking/organizing, family nutritional counseling, workplace wellness & phone consultation

#### **Qualifications**

- RD credential through Commission of Dietetic Research
- State of MN Nutrition License
- Extensive experience in counseling diabetes, weight management, food allergies, menu planning (individual and group) and outpatient nutritional counseling for over 10 years



Lifestyle Solutions for a Better You!