

NUT.10008.AS

For more information about the Nutrition Center, call:

**Bryn Mawr Hospital
Health Center**
610-886-6065
3855 West Chester Pike
Newtown Square, PA 19073

Lankenau Hospital
610-645-8477
100 Lancaster Avenue
Wynnewood, PA 19096

Paoli Hospital
610-560-8020
255 W. Lancaster Avenue
Paoli, PA 19301

Riddle Memorial Hospital
610-891-3490
1068 W. Baltimore Pike
Media, PA 19063

Main Line Health

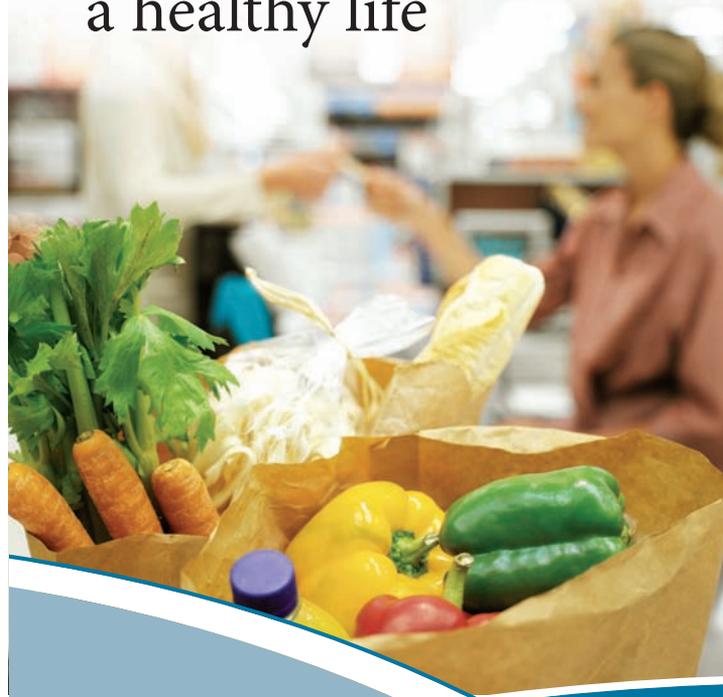
Bryn Mawr Hospital
Lankenau Hospital
Paoli Hospital
Riddle Memorial Hospital

1-866-CALL-MLH

www.mainlinehealth.org

NUTRITION CENTER

Healthy eating for a healthy life



*Nutrition counseling from
registered dietitians*

Main Line Health

Bryn Mawr Hospital
Lankenau Hospital
Paoli Hospital
Riddle Memorial Hospital



The benefits of nutrition counseling

Do you have a medical condition that requires nutrition management?

Do you need a successful way to manage your weight?

Are you confused by all the nutrition information you hear?

If you answered “YES” to any of these questions, the Nutrition Center at the Bryn Mawr Hospital Health Center and Lankenau, Paoli and Riddle Memorial Hospitals can help. Our Nutrition Center specialists will develop an individual plan to fit your lifestyle. You will receive advice and support while working on your wellness goals.

Nutrition specialists

Our nutrition experts are registered, licensed dietitians and graduates of a four-year, accredited college. As members of the American Dietetic Association, our nutrition specialists keep up to date on the latest nutrition research that may have an impact on your health and well-being.

Healthy eating is being kind to your body. Eating balanced meals and snacks can help you control a disease as well as reduce your risk of developing a chronic disease.

Services

- Weight management
- Healthy eating
- Heart disease
- Nutrition and cancer
- Gastrointestinal problems
- Kidney problems
- Diabetes Mellitus
- Childhood/adolescent nutrition
- Osteoporosis
- Pregnancy
- Disease prevention
- Sports nutrition
- Vegetarian diets
- Nutrition for older adults
- Eating disorders
- Gastric Bypass nutritional assessment

To make an appointment

Call the Nutrition Center most convenient to you:



Bryn Mawr Hospital Health Center:
610-886-6065

Lankenau Hospital:
610-645-8477

Paoli Hospital:
610-560-8020

Riddle Memorial Hospital:
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Consultation cost

Insurance coverage varies. We will be happy to submit an insurance claim on your behalf.

