

Sheryl C. Hoehner, MS, RDN, LDN

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Are you tired of trying to figure out how to eat so that you will have energy, lose, gain, or maintain weight, save time and money, and find peace with eating? Please contact me. I'd love to work with you. Here is my initial **3-STEP PLAN** to help you:

STEP ONE: FREE NO OBLIGATION INTRODUCTION

I offer a free, no obligation 15-minute introductory phone interview to explore how we can work together to meet your nutritional needs and goals. If you like what you hear, and think I can help, we can schedule a full consult.

STEP TWO: FULL CONSULT (via ZOOM)

A 75-minute session where I will learn more about your past and current health habits, medical issues, and usual food and beverage intake. Together, we will then create a **personal** and **workable** nutrition plan. I will offer personalized suggestions for meals and snacks that fit **your lifestyle** and offer steps to make changes that are **easy** to incorporate. No quick fixes, fad diets, or non-sustainable changes to your lifestyle. I will make suggestions for a **realistic** to-do list centered on your goals that you can work on before the follow up session.

STEP THREE: FOLLOW-UP (via ZOOM)

During the follow-up session we will review your to-do list, discuss any questions you have, discuss how to make these changes sustainable, and tackle any other nutrition goals that you have. Additional follow-up sessions can be arranged individually or as packaged deals.

This **3-STEP PLAN** includes personalized educational materials and one full month of email text support. My all-inclusive price for this **3-STEP PLAN** is **ONLY \$250.00**.

ADDITIONAL FOLLOW-UP SUPPORT

If you need additional on-going support or have additional goals and needs you would like help with, I can offer several different options to meet your requirements:

Additional comprehensive 60-minute Zoom follow-up sessions:

- 1 session \$120.00
- 3 session pkg \$300.00
- 5 session pkg \$480.00

Additional shorter follow-up sessions:

- 15-minute phone follow-up \$35.00
- 30-minute Zoom or phone follow-up \$65.00
- 3 30-minute Zoom or phone follow-up pkg \$170.00

I ALSO OFFER THE FOLLOWING SERVICES

(please email for pricing and availability):

- Grocery store nutrition tours
- Cooking lessons and recipes tailored to your needs
- Menu planning for individuals, families, or family events
- Menu review for individuals, families, or institutions

Contact Sheryl C. Hoehner at (434) 466-6052

E-mail schoehner@gmail.com

Sheryl is a registered and licensed dietitian with a M.S. in Food, Nutrition, and Institutional Administration and over 30 years' experience in nutrition research, education, counselling, and clinical practice.