



**Feeling tired? Overweight? Underweight?**

**Need help managing diarrhea, nausea, or loss of appetite?**

**Running out of money for food by the end of the month?**

**Curious how much muscle or body fat you should have?**

**WE CAN HELP!!** Call us to schedule your **FREE** nutrition counseling appointment. Our Dietitians are specially trained to help you with nutrition related issues that you might be living with, such as:

- *Diarrhea, irritable bowel, food allergies, nausea, other digestive problems*
- *High cholesterol, triglycerides, blood pressure, and blood sugars/diabetes*
- *Not enough food/need help with budgeting/finding more food resources*
- *Cooking/shopping/meal planning skills*
- *Newly diagnosed/new to HIV meds*
- *Ensure/liquid supplement requests*

**Are you dealing with any of the following symptoms?** Dry skin, fatigue, chewing or swallowing difficulties, taste changes, weight gain/loss, osteoporosis or other bone problems, questions about vitamin/supplement use – these are all things our dietitians can help you with!

**To make an appointment please call (206) 957-1600  
or email us at [nutrition@llaa.org](mailto:nutrition@llaa.org)**

