



Nutrition & Lifestyle Counseling Services

The Institute for Healthy Living is proud to offer personal nutrition and counseling services from a licensed, registered dietitian and a licensed professional counselor. Our dietitian and counselor can guide you along your path to good health and help you achieve your wellness goals.

Nutrition Services

Nutritional sessions are designed to provide individual consultations to help meet your specific needs. Sessions are interactive with consideration for the individual's specific dietary concerns and challenges. Together, a plan for change will be designed.

Nutrition Counseling Sessions

1 hour session	\$85
30 minute follow up session	\$50

Counseling Services

Counseling sessions are designed to provide cognitive-behavior management strategies, support and accountability to your lifestyle change. In addition, our licensed professional counselor is available to offer more in depth counseling of serious eating disorders, emotional eating, stress management and other mental health issues related to weight management.

Therapeutic Counseling Sessions

1 hour session	\$85
30 minute follow up session	\$50

Combined Services

This comprehensive lifestyle management program is an individualized one-on-one program where our specialists work collaboratively to develop a tailored plan that works best for you and your lifestyle. It includes three individual visits with the Registered Dietitian, three visits with the Licensed Professional Counselor, and three visits with an Exercise Physiologist. During one of your visit with the Exercise Physiologist, you will complete a Polar Body evaluation including biometrics, health risk appraisal and strength, flexibility, and body composition measurements. Each visit is 60 minutes.

Comprehensive Lifestyle Management \$650

Please note the following:

- *If you are unable to make your appointment, please cancel 24 hours in advance to avoid charges for the scheduled session (903-323-6542).*
- *Cash fee for services, no billing for private insurance or Medicaid/Medicare.*