Outpatient Consultation

Monday – Friday
7:00 a.m. – 5:00 p.m.
One-on-one nutrition counseling available for a variety of healthcare needs including:

- Diabetes
- Weight management
- Renal disease
- Cardiovascular disease
- Food allergies
- And more

Please call 641 – 754 – 5271 for more information or to set up an appointment.

Physician referral needed for insurance coverage.

Upcoming:
Lifestyle & Weight Management

Obesity Clinic

A 12-month, individualized program focusing on:

- Weight management
- Nutrition
- Physical activity
- Other lifestyle factors

Includes weekly check-in appointments with your primary care physician and a registered dietitian.

Interpreter available as needed.

Central Iowa Healthcare
3 South 4th Avenue
Marshalltown, IA 50158
641-754-5151

Dietitian Services
Central Iowa Healthcare
Food & Nutrition Department
Chefs in Training

Cooking classes for kids, ages 8-13, introducing each of the food groups using simple and fun recipes.

**DATE:** 1**st** Monday of each month  
**TIME:** 4:00 – 5:30  
**LOCATION:** Central Iowa Healthcare hospital  
**COST:** $5.00 / child  

For more information or to sign up for a class, call 641-754-5271 or email lhemken@marshmed.com

---

Group Workshops  
*Lead by the Dietitian Team from Central Iowa Healthcare*

**What is Your Type?**

Pre-diabetes nutrition education covering testing supplies, nutrition and physical activity recommendations for pre-diabetes

**DATE:** 3**rd** Thursday of each month  
**TIME:** 5:00 p.m. – 6:30 p.m.  
**LOCATION:** Central Iowa Healthcare hospital  
**COST:** $20.00 / person  

For more information or to sign up for a workshop, call 641-754-5271 or email skaramuja@marshmed.com

---

**Be Smart & Love Your Heart**

Nutrition education covering heart healthy eating and physical activity recommendations

**DATE:** 4**th** Tuesday of each month  
**TIME:** 5:00 p.m. – 6:30 p.m.  
**LOCATION:** Central Iowa Healthcare hospital  
**COST:** $10.00 / person  

For more information or to sign up for a workshop, call 641-754-5271 or email skaramuja@marshmed.com