For more information:

UnityPoint Health® – Marshalltown
3 South 4th Avenue
Marshalltown, IA 50158
Phone: 641 – 854 – 7530
Fax: 641 – 854 – 7535
Email: MT_Dietitians@unitypoint.org

Outpatient Consultation

Monday – Friday
8:00 a.m. – 4:30 p.m.

One-on-one nutrition counseling is available for a variety of healthcare needs including:

• Diabetes
• Weight management
• Renal disease
• Cardiovascular disease
• Food allergies & intolerances
• Both pediatric & adult clients

We believe that long-term change involves a number of lifestyle factors. Our goal is to provide nutrition education and counseling using a comprehensive, lifestyle approach. Provider referral required.
A 12-month, individualized program focusing on:

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

Participants receive face-to-face counseling sessions with a registered dietitian in a primary care setting, under the supervision of a UnityPoint Health - Family Medicine provider.

Community Education

Nutrition education is available for a variety of community events, including but not limited to:

- Employee wellness events
- Health fairs
- Lunch & Learns
- Health screenings

Contact your UnityPoint Health® - Marshalltown Outpatient Nutrition Services department for more information.

Diabetes Self Management Education And Support

**Diabetes Education**

Skills and topics include:

- Blood sugar monitoring
- Nutrition and physical activity
- Heart health
- Medication management
- Prevention of medical complications

Education and support is provided in group classes or individual sessions as appropriate.

Accredited by the American Association of Diabetes Educators

**Diabetic Support Group**

Registration is not required. Free to persons with diabetes. Family and friends are welcome! Call for dates and times.