

Medical Nutrition Therapy EMPOWERING YOUR HEALTH, ONE MEAL AT A TIME

- Do you live with diabetes or struggle with high blood sugar?
- Are you ready to improve your health and feel your best?
- Need guidance on managing your diet or counting carbohydrates effectively?

If you answered "yes" to any of these questions, our Medical Nutrition Therapy program is here for you. Let us help you take control of your health with expert guidance and personalized nutrition strategies tailored to your needs.

Start your journey to better living today!

UNION GENERAL HOSPITAL

901 James Ave.
Farmerville, La 71241
318-368-7060
www.uniongen.org

Brittany Smith, RD, LDN, MS
📞 **Call today: (318) 368-7060**

**"Providing Quality Service
with Compassionate Care"**



MEDICAL NUTRITION THERAPY

Eat Well, Live Well

Take Charge of Your Health with Union General Hospital's Medical Nutrition Program!

Your journey to a healthier, happier life starts here. Our personalized Medical Nutrition Therapy empowers you with the knowledge, tools, and support to make sustainable changes. Whether managing diabetes, improving heart health, or simply embracing better eating habits, we're here for you every step of the way.

Personalized Nutrition Support for Diabetes Management

Our outpatient program provides tailored one-on-one education sessions designed specifically for individuals with diabetes who meet specific blood sugar criteria. Patients can access up to three 1-hour visits with a dietitian during their first year. These sessions are customized to your unique needs and can be scheduled at times that work best for you. Best of all, most insurance plans fully cover this service, making it easy and affordable to get the support you need.



TRANSFORM YOUR HEALTH WITH MEDICAL NUTRITION THERAPY!

Living with diabetes, managing high blood sugar, or striving for better health doesn't have to be overwhelming. At Union General Hospital, we offer a personalized approach to help you take control of your well-being.

Discover the Benefits

- Expert guidance tailored to your health needs
- Practical tools to navigate balanced eating and lifestyle changes
- Clear strategies for managing your blood sugar with confidence
- Whether you're starting your journey or seeking a refresher, our Medical Nutrition Therapy program is here to empower you. Take the first step toward a healthier, more vibrant you today



Don't wait—talk to your provider today about scheduling an appointment at Union General Hospital for Medical Nutrition Therapy with our expert dietitian!

For more information on how to access Union General Hospital's Medical Nutrition Therapy, reach out to our dedicated Registered Dietitian, Brittany Smith. Once we receive your referral, Brittany will personally connect with you to schedule a convenient appointment, ensuring you get the personalized care you deserve.

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Take the first step toward a healthier you!

