

Feel **ENERGIZED**  
with nutrition  
strategies and  
workshops designed  
to boost your health  
and well-being

# Nutrition Consultations & Dietitian Workshops

with **Monica Kelly, MS, RD, CDN, CNSC**  
*Employee Health & Well-being Manager and Registered Dietitian*

Your relationship with food is personal, and it can change as your life changes. Whether you're navigating a new medical diagnosis, working toward a healthier weight or simply looking for clarity amid all the nutrition noise, you don't have to figure it out alone.

## Nutrition Consultations

One-on-one virtual or in-person sessions focused on your individual nutrition and well-being goals, offering guidance that fits your lifestyle and meets you where you are.

Available in English or Spanish.



## Dietitian Workshops

Virtual or in-person workshops for your team or department that turn nutrition into something approachable and actionable. Topics include: healthy eating for different worksite schedules, brain boosting nutrition, mindful eating, meal planning and more. Each session is designed to support energy, focus and overall well-being at work and beyond.



To schedule a free consultation or workshop, please email [WellnessRD@Montefiore.org](mailto:WellnessRD@Montefiore.org).



Scan the QR code to register for upcoming HealthyME workshops and events. For more information about our health & well-being benefits, visit [HealthyMEBenefits.com](https://HealthyMEBenefits.com).