



NUTRITION CONSULTATION

Diet and nutrition information can be confusing and overwhelming. CHF's Nutritionist, Zari Johnson, will tell you what you need to know to maximize your physical and emotional well-being.



Zari Johnson
Nutritionist



Zari is a Nutritionist with a bachelor's in Nutrition & Dietetics from UNC Greensboro and a master's in Public Health from California Baptist University. She's also a certified group fitness instructor specializing in aerobics and strength training. Her background includes evidence-based nutrition research, workplace wellness, weight management, and food sustainability. Zari is passionate about supporting individuals in achieving their nutrition and wellness goals.

WEEKLY SCHEDULE	
MON	TUE
9 a.m. – 2 p.m.	9 a.m. – 2 p.m.

Straight-Forward Rates

Initial consult (60 min.):
\$100 R / \$110 NR

Follow-up consults:
30 min. \$55 R / \$61 NR
60 min. \$100 R / \$110 NR

During your nutrition consultation you'll get professional advice on maintaining healthy nutrition habits that you can apply for the rest of your life.

- Personalized meal plans for your lifestyle
- Weight loss consultations
- Chronic disease management (e.g. diabetes, high blood pressure, cancer, heart disease)
- Nutrition for optimal energy
- Meal planning