

Nutrition Consultations

Diet and nutrition information can be confusing and overwhelming. CHF's Registered Dietitian, Charlotte Hargrave, will tell you what you need to know to maximize your physical and emotional well-being.

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

**Book
today!**



Straight-Forward Rates

1 hour initial consult: \$100

1 hour follow-up nutrition consult: \$95

30 minute follow-up nutrition consult: \$50

Bio

Charlotte is a registered dietitian who obtained her bachelor's degree in nutrition from San Diego State University and earned a master's degree in Dietetics Administration from Utah State University. Charlotte's experience includes wellness, weight management, diabetes, healthy cooking and food allergies. She enjoys cooking, teaching and has a strong passion to help all ages live a healthy lifestyle by eating well.



Center for
Health & Fitness

A Beach Cities Health District Program

**Make an appointment at the front desk
or call 310-374-3426, Option 3.**

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