Discover where you are so that you know where to go!

- Have you ever wanted to personalize your nutrition plans to meet your wellness goals?
- Do you have questions about nutrition?
- Are you interested in a personalized consultation with a registered dietitian?

1:1 Nutrition Consultations provided by Anita Basu, RD, CDE

- Information about your health, nutrition, and physical activity will be gathered in advance through a short questionnaire
- Consultations will last 25 minutes
- During your consultation, you can discuss your goals, ask questions, create a personalized meal plan, and obtain resources to assist you with healthy eating habits

Healthy snacks and body composition testing will be provided.

Spaces are Limited – Enroll Today!

If you are interested in a consultation, sign up for a 25 minute appointment at:

http://www.webreserv.com/ucriversidehrca

Dates and times by location:

Costo Hall I
10 a.m. – 2 p.m.
Thursday, June 3rd
Tuesday, June 8th
Tuesday, June 22nd

Human Resources Conference Room
10 a.m. – 2 p.m.
Thursday, June 17th

Please cancel at least 24 hours in advance. If no appointments are available please send an email to be added to the waiting list.

For more information, contact Julie Chobdee
julie.chobdee@ucr.edu
951-827-1488