

# *Food for Thought:*

## How About Some Help With Your Nutrition?



Health 365 is excited to announce that Kayla Perry, WellStar Registered Dietitian, is here for you! Kayla is taking nutrition appointments at WellStar Health Place. An expert in nutrition, she can provide individualized dietary guidance tailored to specific health goals like managing weight, controlling diabetes, lowering blood pressure/cholesterol, controlling digestive disorders and planning meals.

**WELLSTAR**<sup>®</sup>  
Health System



## Nutrition counseling on a variety of needs including:

- Weight Management
- Diabetes
- Heart Disease
- Digestive Issues
- High Blood Pressure
- High Cholesterol
- Meal Planning
- Specific diets, like gluten-free, vegan, vegetarian, etc.

**Children, teens  
and families  
welcome.**



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60-minute initial session: \$60

30-minute follow-up session: \$30

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**Kayla Perry, MS, RDN, LD • 770-793-7299**

***All patients need a referral:***

**Epic referral code: REF334**

**or Quick search: 365**

*All other physicians: Fax referral to 770-793-7922*