

# Do you have diabetes or chronic kidney disease?

## We're here for you!

Ask your provider about starting Medical Nutrition Therapy (MNT) and find better health



- Personalized nutrition assessment
- Tools and support to make lasting behavior changes to improve your health
- Realistic meal plans to fit your budget
- Help with tracking and improving your blood sugars, weight, blood pressure and lipids



MNT is led by Charlene Mize, MS, RD, CD  
Registered Dietitian at CHCW-Ellensburg

