

Nutrition Education

Nutrition Counseling

Individual appointments with a dietitian are available to community members for a variety of nutrition topics. These include nutrition as it relates to disease management, as well as prevention and general health.

Adult Weight Management Program

Classes are offered with combination of individual and group sessions, taught by a dietitian who is certified in Adult Weight Management.

Adult Diabetes Self-Management Training Program

Classes are offered to the community through our American Diabetes Association-recognized program, and are taught by a nurse and dietitian team.

For more information, call 727-8356



www.stlukesonline.org

Our Educators



Kelly O'Toole RD, LD
Clinical Dietitian



Nancy Dettori RN, CDE
Nurse Diabetes Educator



Becky McCarver MS, RD, LD
Clinical Dietitian



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