



# Individual Nutritional Counseling Sessions

Starting March 1<sup>st</sup> - 31<sup>st</sup>

Mondays and Wednesdays from 12-1pm

**Nutrition counseling sessions are scheduled in advance over the phone with Registered Dietitian, Michelle Campion. Sessions are free for Washington County employees and spouses!**

**Please call Marissa Watson at 724.250.6209 or email [mwatson@whs.org](mailto:mwatson@whs.org) to schedule.**



**WASHINGTON HEALTH SYSTEM**  
Wilfred R. Cameron Wellness Center

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