



EAT WELL BE WELL

SPECIALTY SERVICES:
+Weight Management
+Children's Health
+Specialty Diets
+Improve performance
for all body types

The LTBB Community Health / Mnozhiyaadaa Department is **EXCITED** to announce that our Dietitian is able to meet with patients via Zoom!

Recently, Charla Gordon, MA, RD, CDCES, CHES, completed her Certification for Well Coaches! So, if you need assistance in preparing your pantry, making healthier food choices, or to have someone work with you on making changes to improve your health, then contact Charla!

CGordon@ltbbodawa-nsn.gov

**Email Charla today
to schedule an
appointment!**

