



Outpatient Nutrition Therapy

Hebrew Rehabilitation Center, Boston

What do we offer?

Our outpatient medical nutrition therapy program for older adults offers one-on-one individualized education and treatment plans developed by our Registered Dietitians to help you manage your health concerns.

Whether you have a specific medical concern or are looking for general guidance for a healthy lifestyle, we are here to help!

Through nutrition counseling, we can help you manage or prevent serious health issues. You will work closely with one of our Registered Dietitians to create a specialized plan to meet your needs.

What should I expect during a session?

Each meeting will take place with a Registered Dietitian, where you will review your medical history, nutrition history, and eating habits. You will discuss your goals and outcomes that you can expect from your nutritional counseling. You will leave your session with an individualized plan, and your progress will be reviewed upon your follow-up, as needed.

Insurance coverage

Before your appointment, ask your insurance company if they cover nutrition services. You may need your doctor's referral and/or order for nutritional therapy.

To schedule outpatient nutrition therapy call:

617-363-8539 for HRC Roslindale

781-234-9630 for NBOC Dedham

www.hebrewseniorlife.org

Nutrition therapy can help with:

- Cancer
- Cognitive Function
- Diabetes Management
- Disordered Eating
- Food Allergies/Intolerances
- Gastrointestinal Issues
- Healthy Aging
- Heart Disease
- High Cholesterol
- Hypertension
- Kidney Disease
- Liver Disease
- Malnutrition
- Osteoporosis
- Sports Nutrition
- Vegetarian/Vegan Diets
- Weight Management
- Women's Health
- and so much more!

The Power to Redefine Aging.



Hebrew
SeniorLife



HARVARD MEDICAL SCHOOL
AFFILIATE