

Help is on the way.... **Nutrition Counseling Made Easy**, right on the USU campus, and **FREE!**

Caroline Shugart has been a registered dietitian for over 20 years, and a registered nurse for over 11. She is available to employees and their families for nutrition counseling. She can help you control your blood sugar, manage your blood pressure, guide your digestive health, and with the prevention of heart disease and cancer, as well as weight management.

All meetings are confidential and available at no-cost to USU employees. She can help you with your nutrition challenges to find successful strategies on your wellness journey. Even small dietary changes have dramatic effects on your health and well-being!

To make an appointment, send her a quick email ([caroline.shugart@usu.edu](mailto:caroline.shugart@usu.edu)) or give her a call (435-797-0735).

