

Employees:

Get assistance in achieving your health goals through **personalized counseling** and create tailored plans that promote healthy lifestyles.



Enhance your wellness by scheduling an appointment with Michelle for Medical Nutrition Therapy (MNT).

Lifestyle Guidance

Promoting healthy eating through personalized strategies that align with individual goals and lifestyles, ensuring realistic, sustainable dietary improvements for overall well-being.

Diabetes

Improving blood sugar involves testing, continuous monitoring, nutrition education, carbohydrate counting, and new technologies and medications for better control and overall health.

Medical Weight Management

Education on healthy weight management, balanced eating, and medication guidance. Incorporates behavioral strategies and mindful eating to achieve goals.



What is MNT? It involves working with Michelle Cleland, a Registered Dietitian and Certified Diabetes Educator with 25 years of experience, to identify your health needs and personal goals. Together, you will create a customized nutrition plan tailored to your unique requirements, along with strategies to help you implement it.

MNT is provided by Registered Dietitians—professionals with specialized training in nutrition who can offer reliable guidance.

savage

Michelle Cleland

Wellness Coordinator
Michelle.Cleland@SavageAndAssociates.Com
419.725.7271 (TTY: 711)



savageandassociates.com/employee-wellness