

## **Nutrition Counseling Services**

Start 2026 with personalized nutrition support designed to help improve energy, support overall health, and build sustainable habits for long-term wellness.

**Registered Dietitian:** Amanda Kucker **Availability:** 16 hours per week

**Who We Serve:** Waterman Village on-campus residents, Waterman Village staff, and members of the surrounding community

**Dietitian Office Location:** Outpatient Therapy Clinic  
130 Waterman Ave, Suite B

**Nutrition Services Available (but not limited to):**

- Personalized Nutrition Support – counseling to support energy, strength, weight, appetite
- Medical Condition Support – diabetes/blood sugar management, Heart Health, bone health, Cholesterol, kidney function, anti-inflammatory nutrition (and much more)
- Medication/Nutrition Review – food and medication interactions, meal timing, side effects such as nausea or constipation.
- Health Aging Nutrition – brain/memory support, muscle strength, fall prevention, hydration
- Everyday Practical support – meal planning, grocery shopping and food label education, special diet guidance
- Group Nutrition – small, friendly on campus group sessions. Array of topics pre-planned.

**Private Pay Pricing (Introductory Rates)**

Service	Time	Introductory Rate	(Value)
Initial Consultation	60–75 minutes	\$75	(\$100)
Follow-Up Visit	45 minutes	\$45	(\$60)
Group Session (up to 6 people)	45 minutes	\$25 per person	—

\*Appointments are offered on a private-pay basis; availability is limited.

**To schedule an appointment or for more information:**

Phone: (352) 383-0051 ext. 301

