



*Catherine Vandermer MS RD*

## Did You Know?

- ◆ SU has a **Registered Dietitian**
- ◆ By Appointment on **Wednesdays**
- ◆ **No Charge** for SU Students or Staff

**What are You Waiting for?**

**Schedule your appointment today!**

**[cvandermer@shepherd.edu](mailto:cvandermer@shepherd.edu)**

## What Can the Dietitian do for You?

### Counseling Services

- ◆ Healthy Lifestyle
- ◆ Detailed Diet Analysis
- ◆ Optimizing Athletic Performance
- ◆ Weight Control
- ◆ Coping with Food Allergies
- ◆ Finding Balance on a Vegetarian Diet

