



Catherine Vandermer MS, RD, LD

Did You Know?

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

What are You Waiting for?
Schedule your appointment today!

cvanderm@shepherd.edu

What Can the Dietitian do for You?

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

"Katie taught me to look at food in a different, more healthy way. Her lessons are a fun way to get healthy; with funny slides, movies and just her being entertaining. I am so happy that I chose to see her. If you want to get healthy I highly recommend going to see Katie."

Jennifer Barnaby Spring 09

