

Centegra Health System's team of Registered Dietitians have a variety of programs to help incorporate healthy nutrition habits into daily living as well as individual consultations to ensure you stay well beyond expectation.

Medical Nutrition Therapy

Incorporating healthy eating habits and maintaining a healthy weight is vital to staying healthy. It is especially important when battling chronic or acute illnesses. Registered Dietitians specialize in nutrition therapy for all ages and several medical conditions.

For more information, please call: 815-206-3438.

Cardiology Nutrition Services

Did you know that heart disease is the leading cause of death for both men and women? If you are at risk or already have heart disease, meet with a Registered Dietitian to learn more about heart healthy eating. Topics include: lowering sodium intake, deciphering between dietary fats, reading food labels, selecting healthy menu items while dining out, cooking for heart health, and interpreting your lipid values. Group classes and individual consultations are available.



For more information about cardiology nutrition programs, please call: 815-759-4135

Oncology Nutrition Services

Board Certified Specialists in Oncology Nutrition can help manage the unique needs of cancer patients as well as cancer survivors. Topics include eating well to improve healing, managing side effects of therapy, eating difficulties and body weight changes. As a cancer survivor, you will learn ways to make adjustments in what you eat and how you live.

For more information about cancer nutrition programs, call: 815-759-4454.

Centegra Health Bridge Fitness Center

Our Registered Dietitians specialize in nutrition for active individuals. Enhance your fitness efforts, increase energy, and begin your journey toward healthy weight management.



Services include:

- Group and Individual Consultations
- Bridge to Weight Loss
- Healthy Cooking Workshops
- Grocery Store Tours
- Nutrition Lectures
- Advanced Performance Nutrition Analysis
- Recipe Analysis

For more information about programs at Centegra Health Bridge Fitness Centers, including dates of upcoming sessions, please call: 815-444-2900.

SHAPEDOWN:

Centegra's SHAPEDOWN program is a unique and fun experience for children and teens to make dietary and lifestyle changes. The SHAPEDOWN program for weight management uses a family approach and includes three health professionals: a Registered Dietitian, Exercise Specialist, and a Behavioral Specialist.

SHAPEDOWN Childrens' session ages 6-13, please call: 815-759-4171 for class days and times.

SHAPEDOWN Teens' session ages 14-19, please call: 815-444-2900 for class days and times.



Bariatric Weight Management

Reach your personal goals of better health and weight with a nutrition plan designed especially for you. Centegra's Registered Dietitians specialize in nutrition and bariatric weight management.

To make an appointment for nutrition counseling, please call: 815-206-3438.

Nutrition in the Workplace

Are you concerned about the health and well-being of your employees? Centegra Worksite Wellness offers health risk appraisals along with numerous health promotion programs to help your employees lead healthier, richer lives. Nutrition opportunities with our Registered Dietitians include presentations, consultations, cooking demonstrations and more.



For more information on nutrition opportunities through Centegra Worksite Wellness, please call: 815-788-2269.

Seven Reasons to Consult a Registered Dietitian:

1. Improve physical and mental energy levels.

A Registered Dietitian will help you develop a nutrition plan that will keep your energy levels high.

2. Struggling with weight issues and want to gain or lose weight.

A Registered Dietitian will sort fact from fiction and get you started on healthy eating as a lifestyle.

3. High blood pressure or elevated cholesterol.

While genetics play a role in diseases, diet has a major impact on the prevention and treatment of many health issues.

4. Enhance fitness efforts.

A Registered Dietitian can help you set goals to achieve high performance whether you're running a marathon, skiing, or jogging with your dog.

5. Eat healthy and meet your nutrition needs.

A Registered Dietitian can teach you how to interpret nutrition labels, cook healthy and inexpensive meals and choose healthy foods when dining out.

6. Improve your child's weight and eating habits.

A Registered Dietitian can provide valuable education for healthy eating and lifestyle changes for your family in an individual or group setting.

7. Seeking cancer treatment or a cancer survivor.

Whether you are undergoing treatment or are a cancer survivor, the foods you eat can have an impact on your wellness.

Centegra Health System

Centegra Hospital-McHenry
Route 31 and Bull Valley Road
McHenry, IL 60050

Centegra Hospital-Woodstock
3701 Doty Rd
Woodstock, IL 60098

Centegra Health Bridge Fitness Center
200 Congress Parkway
Crystal Lake, IL 60014

Centegra Health Bridge Fitness Center
10450 Algonquin Road
Huntley, IL 60142

Centegra Sage Cancer Center
4305 Medical Center Drive
McHenry, IL 60050

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Good Nutrition For Your Health

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We commit to serving with genuine respect, passionate caring and a joyful spirit.

