## Elizabeth Stasny MCN RDN LD CNSC

## Are you confused or frustrated by how to eat?

## I Can Help!

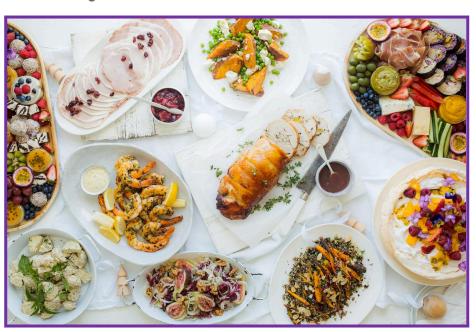
As an experienced <u>Registered Dietitian</u>, I provide compassionate and *personalized medical nutrition* planning and counseling.

I specialize in;

Chronic Illness, particularly ■ Diabetes ■ GI Disorders
■ Auto-immune Disease ■ Weight Management ■
Cancer ■

Elder Care

*Improving relationship with food*, weight and body image





In-Network with BCBS, Aetna, United, Cigna & Medicare

www. LiveWithNutrition.com



My patients work with me to *prevent nutrition-related decline*, *boost confidence* in food choices, make *sustainable changes*, and *improve overall health* through better nutrition



... Nutrition You Can LIVE With!

## One-on-one Consultations

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