



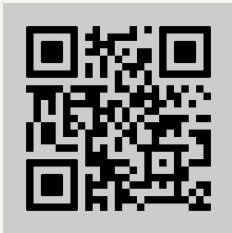
ARSO Wellness

Virtual Meetings

on

Tuesdays

Scan Me



A Personalized Path to a Healthier You

A service to help you eat better,
think better and feel better.

We have added a nutritionist to
our team to give our patients an
option to take control of their
eating habits.



NUTRITIONIST



Individual Nutritional Counseling

Do you...

- Have pre-diabetes, diabetes, or kidney disease and want to manage it better?
- Feel fed-up with restrictive dieting?
- Feel your eating habits are out of control?
- Need to make sustainable dietary changes that will support your health for life?
- Want to reduce your risk for cognitive decline or dementia?
- Feel anxious, depressed, or have mood swings?
- Have symptoms of ADHD?
- Want to support your recovery from a substance use disorder with nutrition?

WHO AM I?

Penelope is a Registered Dietitian-Nutritionist licensed in Maryland and Washington, D.C. She holds a Master of Science degree in Human Nutrition from the University of Alabama. A proud veteran of the United States Air Force, she gained her clinical hours at the Memphis Veteran's Affairs Medical Center.

Penelope excels in helping clients find their own best nutrition path. She has seen first-hand how good nutrition works wonders on both physical and mental health, truly transforming lives. No case is too difficult and she believes firmly that it is never too late to make positive changes in one's health and relationship with food.

Your Initial Nutrition Session...

This 60-minute session is a one-on-one appointment with your registered dietitian, conducted over secure video. We'll identify your particular health needs and craft a nutrition roadmap specific to you. You will receive a written care plan and may ask questions between sessions via secure chat.

Your Follow-Up Sessions...

These 45 minute sessions will pick up where we left off, fine tune your nutrition roadmap, and move forward with achieving your goals.

Most clients achieve best success with at least two follow-up sessions, but it is up to you to decide how many sessions are right for you.

