

# Looking to improve your health with better nutrition?

Many things affect our health: nutrition,  
food choices, stress levels, sleep and exercise.

York Hospital has registered dietitians on staff who offer nutritional counseling and education. They can also help you develop a healthy eating plan to meet your needs and goals. All appointments will be in person or via telehealth.



REBECCA AKU, MS,  
RDN, LDN



KIM GREER, RD, LD



MEGAN PATTEN, MS, RD, LD\*

*\* Megan is now seeing patients with diabetes at Diabetes & Endocrinology for medical nutrition therapy.*



ANNE VENO, RD, LD

Nutrition plays a key role in preventing and managing chronic conditions such as:

- high cholesterol
- high blood pressure
- heart disease
- cancer
- diabetes
- pre-diabetes
- obesity

Nutrition counseling is also helpful for those with:

- gastrointestinal issues
- celiac disease
- food allergies
- chronic kidney disease
- unintentional weight loss/gain
- child/adolescent nutrition issues

For more information, please call York Hospital Dining & Nutrition at (207) 351-2368, Monday through Friday, 8 a.m. – 5 p.m.