



# HEALTHFIRST Nutrition Services

## Are You Ready to Take Control of Your Health?

HealthFirst offers nutrition counseling to help you manage chronic diseases, lose weight, or eat healthier in order to feel better and have more energy.

### ***Meet Our Nutritionist Laurie Terwilliger, MS, RD, LD***

Everyone knows what we “should” eat, but making changes to diet and lifelong habits can be challenging. Laurie will work with you to develop a personal eating plan that fits your lifestyle, food preferences, and budget. Our nutrition services will help you gain the necessary knowledge and skills to be successful while providing support and guidance on your road to better health.

#### *Offering help with:*

*Weight loss or gain    Diabetes  
Renal disease    Pre- / post-bariatric surgery  
IBS and other gastrointestinal issues  
Planning, shopping for and preparing meals  
Cardiovascular disease  
(high blood pressure, high cholesterol)*

### HEALTHFIRST FAMILY CARE CENTER

841 MAIN STREET  
FRANKLIN  
#934-1464

AND

22 STRAFFORD STREET  
LACONIA  
#366-1070

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*“Laurie gave us a hands-on cooking class to demonstrate how easy it can be to cook healthy. It was fun!”*

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Call today to set-up an appointment