

**Nutrition Counseling Request Form**

**Fax to: 914.378.6053 / E-mail: WellnessRD@montefiore.org**

**Attention: Jessica Shapiro**

*Please fill out the following form if you are interested in having one of Montefiore's Associate Wellness Dietitians contact you to set up your FREE nutrition counseling consultation.*

Name: \_\_\_\_\_

Preferred contact method (check one):

- E-mail address: \_\_\_\_\_@montefiore.org
- Phone number: \_\_\_\_\_

I would like to have my nutrition consultation at the following location:

- Moses
- Wakefield
- Einstein
- Yonkers
- Please check here if you would like a telephonic consultation.

*Nutrition consultations are approximately 45 minutes.*

I am available at the following time(s) during the day for my consultation (*check all that apply*):

- Before 8:00 am (specify time(s) available: \_\_\_\_\_)
- 8:00 am
- 9:00 am
- 10:00 am
- 11:00 am
- 12:00 pm
- 1:00 pm
- 2:00 pm
- 3:00 pm
- After 4:00 pm (specify time(s) available: \_\_\_\_\_)

*Nutrition consultations are available Monday through Friday.*

- Please check here if you are unavailable during the week and require a weekend appointment.

Which other ToYourHealth! Associate wellness services you are interested in:

- Weight Loss Alliance (weight loss support gro
- Fitness programs and discounts
- Weight Watchers
- Online ToYourHealth! Wellness Portal