

Nutrition Support Services

NOURISHING EXPERT ADVICE

Are your eating habits out of control?

Concerned about type 2 diabetes?

Is coffee and a doughnut a balanced diet to you?



Judges
Counselling
Program

Confidential
assistance for
judges and
their families

Your food choices have a major impact on your mood, health and energy levels. But maintaining a healthy, well-balanced diet can be a challenge with a hectic schedule and multiple family demands. Fortunately, your Judges Counselling Program (JCP) can help you achieve your nutritional goals.

WHAT'S THE CONNECTION TO NUTRITION SUPPORT SERVICES?

Your JCP offers a holistic approach. JCP support will help you make positive changes to your diet by addressing any underlying issues associated with weight loss/gain, eating routines and lifestyle changes; in addition, it will offer support for a proactive, self-care approach to wellness. Professionals can also connect you to a Registered Dietitian who will assess your eating habits, identify dietary concerns and answer any questions you may have.

HOW CAN THE SERVICE HELP?

You can receive help on a variety of concerns including:

- Weight loss/gain
- Getting off the diet 'roller coaster'
- Boosting energy and stress resilience
- Healthy eating on the go
- Accommodating shift work
- Eating a well-balanced vegetarian diet
- Lowering cholesterol levels
- Reducing high blood pressure
- Regulating diabetes
- Preventing heart disease
- Preventing osteoporosis



Your first professional consultation with a Registered Dietitian will help you create and follow a personalized nutrition program that targets your individual needs and suits your lifestyle. Subsequent consultations can address any questions you may have and support you in achieving your goals.

Printed educational materials are also available to help you along the path to healthier eating habits.

GET ON THE RIGHT DIETARY TRACK BY CALLING YOUR JCP:

1 866 872-6336 (TTY: 1 800 363 6270)

Or, for online nutrition information and resources, log on to www.shepellfqi.com/go/members

Confidential nutrition support services are available to you and your family members as part of your JCP. There is no cost to use the service.