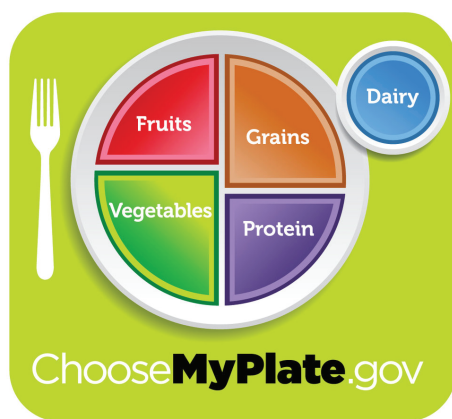The Medical Nutrition Therapy department works with other hospital departments to make sure you are receiving the best care possible.

To schedule an appointment, please ask your provider for a referral or call us for an appointment.

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"To provide superior and compassionate healthcare to our community by raising the level of health, Hozho, and quality of life"

Fort Defiance Indian Hospital Board, Inc.
Corner of Navajo Routes N12 & N7
P.O. Box 649
Fort Defiance, AZ 86504

928.729.8000 • www.fdihb.org

TSÉHOOTSOOÍ MEDICAL CENTER
NUTRITION COUNSELING SERVICES

**Monday-Friday
8:00 AM – 5:00 PM**

**Saturday-Sunday
Closed**

We provide nutrition counseling to help people of all ages. Our goal is to promote health and help you feel better by using evidence-based nutrition practices. Nutrition counseling is provided by a Registered Dietitian (RD) who helps you set personalized nutrition goals and offers one-on-one nutrition education and guidance.

Our individualized sessions are different. We focus on changing behaviors and building long-term success rather than a quick fix. We understand that our community face certain challenges and we work with each person and family to make healthy changes permanent.

FEEL GREAT *With* BETTER HEALTH!

Nutrition counseling is available to all FDIHB patients. Find us down the hall from respiratory therapy, 2nd door on the left!

Nutrition counseling is also offered at Nahata' Dziil Health Center on the 2nd and 4th Wednesday of each month.

One-on-one sessions are available to you with a referral from your provider. We offer services on the following topics:

General Nutrition/Healthy living
Weight Management
Food Allergies
Heart Disease / High Blood Pressure
Gastrointestinal Disorders
Lung Disease
T1 and T2 Diabetes
Liver Disease
Chronic Kidney Disease/ Dialysis Gout
Gestational diabetes
Prenatal
Child nutrition

First visit: 45 minutes
Follow-up visits: 15-30 minutes

For appointments at TMC
Denee Bex, RD:
(928) 729-8461

Michelle Rosario, RD:
(928) 729-8450

For appointments at Nahata'Dziil
(928) 688–5600

Website:
www.fdihb.org/nutritioncounseling

PO BOX 649
Fort Defiance, AZ 86504