



KINGSTOWNE
INTERNAL
MEDICINE

Shantelle Bethea, RD



Shantelle has over 20 years experience in the dietetic field. She has extensive Nutrition Counseling working with clients with needs ranging from Nutrition Therapy for various disease states (Diabetes, HTN, Celiac Disease, Kidney Disease), emotional eating, and developmental disabilities, just to name a few. Over the past 20 years, Shantelle has worked as a consultant / contract dietitian in the states of Maryland, Washington, DC, Virginia, North Carolina, and South Carolina. Shantelle realized that clients struggle and become disappointed when they don't see results from hard efforts to achieve their overall nutrition goals. That is why she became passionate through her years of experience to help clients find the uniqueness about themselves and why every fad diet and nutrition claim does not work for all. Nutrition & Fitness On The Move, LLC walk clients through the steps to find what works best for the Individual through a wholistic and lifestyle approach. We believe in "Taking One Day at a Time."

NUTRITIONIST FEES

- **Shantelle**

Initial sessions:

- Individual \$125 (1 hour)
- Group of two
\$100 per person (2 hours)
- **Group of three
\$75 per person (2 hours)**

Follow up sessions:

- Individual : \$50 (30 min)
- Group of two :
\$45 per person (45 min)
- **Group of three: \$40 per person (60 min)**