



KINGSTOWNE
INTERNAL
MEDICINE

Rosemarie Randolph, MS, RDN



Hi, I'm Rosemarie Randolph, a Registered Dietitian Nutritionist. I'm very passionate about helping you enjoy food and live healthy! I've held multiple positions in the healthcare industry for 15 plus years as a Registered Dietitian. The goal of my 3-N-1 Nutrition Services is to assist you in improving your health through nutrition intervention. You will learn to make simple changes in your daily activities that will make a big impact on your life. My services will provide you 3 basic tools to get you on your way to a healthier you: Nutritional Assessment, 3-Day menu analysis, and Nutrition Coaching.

NUTRITIONIST FEES

~Rosemarie

Initial sessions:

- Individual \$99 (1 hour)
- Group of two
\$75 per person (1.5 hours)
- **Group of three
\$60 per person (1.5 hours)**

Follow up sessions:

- Individual : \$49 (30 min)
- Group of two :
\$45 per person (45 min)
- **Group of three: \$40 per person (45 min)**