



KINGSTOWNE
INTERNAL
MEDICINE

Michelle Pryslak, RD



Hi! I am motivated to provide you and your family with personalized nutrition counseling. I believe that education is a necessary step in changing ones lifestyle to achieve better health for individuals and families with different health concerns. I will work with you to develop nutrition goals and lifestyle changes. Food can help you heal current health concerns, assist in preventing future health issues and provide you with the energy and well-being you desire to live a happy and healthy life. I look forward to aiding you in choosing foods you enjoy that will put you on the path to a healthy life!

NUTRITIONIST FEES

- Michelle

Initial sessions:

- Individual \$165 (1.5 hours)
- Group of two
\$125 per person (2 hours)
- **Group of three
\$100 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)**