



IBEW 617- NECA FREE Nutrition Coaching

IBEW 617-NECA offers FREE Nutrition Coaching to get your health back on track. What can be a better time to start making healthier food choices? You will receive dietary guidelines by a Nutrition Coach for any of the following concerns:

- Weight control
- High blood pressure
- Cholesterol management
- Blood sugar regulation
- Digestion
- Food allergies

Meet our Nutrition Coach, Patti Miller, RD.

Patti Miller is a Registered Dietitian having completed her B.S. in Food, Nutrition and Dietetics as well as a dietetic internship. Patti's professional background includes clinical nutrition support within hospitals and inpatient facilities as well as outpatient counseling and home care visits. Patti has worked as a consultant for BaySport providing one-on-one counseling. She has consulted with private fitness clients and provided nutritional assessments for a healthy, ready-to-cook meal preparation service. She belongs to the Academy of Nutrition and Dietetics and California Dietetics Association. Patti enjoys spending her free time with her husband and two sons and enjoys weight training, golf, games and travel.



Get started today!

Simply contact Patti to make an appointment.

Email patti.miller@baysport.com | Voice Mail (415) 539-0664

Our scheduling options are flexible including phone or email appointments.

IBEW Local 617 - NECA Health and Wellness Programs are provided by BaySport, Inc.

