

We would like to introduce you to Jodi Olson, RD, CDE. She has been a Registered Dietitian for over 15 years dealing with weight loss, healthy lifestyles and other modified diets. Recently, Jodi became a Certified Diabetes Educator after teaching diabetes educational classes for over 15 years.

Jodi specializes in individual and group educational classes dealing with diabetes, meal planning, healthy shopping and incorporating exercise into your daily activity. She works every Thursday here at the Wellness Center and three days a week at the Riverside Diabetes Center.

To contact Jodi Olson for individual nutritional counseling call **875-7525 ext 310** or email her at **jodi.olson@rivhs.com**.

