

MACDONALD CENTER FOR OBESITY PREVENTION AND EDUCATION

COLLEGE OF NURSING | VILLANOVA UNIVERSITY



VILLANOVA
UNIVERSITY
College of Nursing

Take advantage of a free health insurance benefit! COPE is offering nutrition counseling here on campus.

Nutrition counseling can help you –

- improve your weight
- discover ways to eat to maximize your nutrition
- better control health conditions like diabetes & high blood pressure
- find out about the latest in evidence-based health news

Here is an opportunity to have all your questions answered by a Registered Dietitian during private, one-on-one sessions.

Who is eligible? All Villanova employees who currently participate in Villanova's health plan.

What is the cost? Free up to 6 visits per year.

Where are the sessions held? In Driscoll Hall, right here on campus!

How long are the sessions? Sessions can range from 30 minutes to 1 hour and 15 minutes.

How do I schedule an appointment? Please contact Rebecca Shenkman, Interim Director at COPE, for information about scheduling an appointment.

Rebecca.shenkman@villanova.edu.

Proper nutrition is an important component for overall good health.