

Help to reach your health care goals!



The ACHS Nutritionist partners with you and your primary care provider to help you meet your short and long-term health care goals.

Trying to eat healthier can be overwhelming. However, it's one of the most important and meaningful changes you can make towards improving your health. But where should you start? With all the information we receive from the media, food companies and our friends and family, it can be tricky to understand the best way. ACHS' certified nutritionist can help you sift through the false claims and come out with the right plan for you.

ACHS Nutrition Services

- **Individual nutrition counseling**
- **Group presentations**
- **Meal planning assistance**
- **Action planning for habit change**
- **Healthy lifestyle coaching**

Speak to your provider to learn more about ACHS Nutrition!

VISIT: AMMONOOSUC.ORG

Founded in 1975, Ammonoosuc Community Health Services is a nonprofit community health center offering a network of quality, affordable primary health services. Our programs promote and support the well-being of individuals and families by emphasizing preventive care and encouraging active participation in one's own health. ACHS serves 26 towns in northern Grafton and southern Coos counties and has sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. We provide comprehensive services, regardless of one's ability to pay, to nearly 10,000 patients.

ACHS receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.

Ammonoosuc Community Health Services, Inc.

25 Mount Eustis Road, Littleton, NH 03561

603.444.2464 • www.ammonoosuc.org

New Patient hotline at 1.866.201.5076



ACHS Services



Nutrition for better health

*When you eat better,
you feel better!*

ACHS nutritional support



**Ammonoosuc
Community Health Services, Inc.**

Better Nutrition - Better Health!

Poor nutrition has short and long-term consequences

Choosing the wrong foods can lead to tiredness, stress in the body and poor work performance. Over time, poor nutrition can impact every system of the body and can lead to a greater risk of developing any number of chronic issues – from skin infections and emotional health concerns, to diabetes and cancer.

A good diet is the first line of defense!

Making small changes in the foods we most often choose can have dramatic results in our health and the ability to function at our best. Good nutrition can help improve chronic pain, balance emotions, enhance physical and mental performance, and ward off common illnesses.

Nutritional support is vital in managing chronic conditions. ACHS' nutritionist will help take the confusion out of choosing the right eating patterns and help you improve:

- High Cholesterol
- Diabetes
- Overweight/Obesity
- High Blood Pressure

Food is the fuel for your body

Food is not just energy for your body, it is information. Tailored nutritional support from



Chad Proulx, BS is ACHS' Nutritionist and Health Education Specialist. He'll partner with you for your best care.



Good nutrition doesn't have to cost a lot of money. ACHS Nutritionist can help you discover the ways to find affordable food options that will help you achieve your health care goals.

ACHS can help you develop an eating style that provides the right information for your individual needs and goals.

ACHS Nutritionist can help you with...

- **Weight management**
Nutritional services have successfully helped patients lose thousands of pounds! Healthy weight gain can also be accomplished with nutrition support.
- **Diet strategies to help manage chronic conditions**
See how nutritional support can help improve your ability to manage blood pressure, cholesterol, diabetes, and other chronic concerns.
- **Lifestyle changes**
Looking to start a healthy habit, or stop an

unhealthy one? Habits are hard to change – let our nutritionist help you take the action you need to reach your health goals.

- **Community Outreach & Education**
ACHS strives to improve the health of the local communities we serve. You can



schedule a nutrition or health promotion presentation for your next community group, class, or event at your organization to help improve the health and nutrition of your team.

- **Nutrition and food resources**
Eating healthy doesn't have to break the bank. Our nutritionist can help you plan for low-cost, healthy meals, as well as help provide information on resources and programs available to the community.

Call 603-444-8103 to talk to our Nutritionist today!

Nutritional Services at ACHS are FREE for patients. Talk to your provider about an referral or call our nutritionist to set up your first visit towards eating and healthier.