

Nutrition Counseling

Do you have nutrition questions or concerns?

Do you want to lower your blood pressure or cholesterol level?

Do you want to lose a few pounds so you can save your joints or have more energy?

Do you want to know ways to feed your family healthy meals at home?



Barb Heikkila, RD can help you with your nutrition concerns. She has a philosophy of eating healthy to improve your health. She can guide you to setting goals and planning how to make reasonable changes to help you reach those goals.

There has to be a starting point for change. That starting point is making the call now for an appointment. She will meet with you to encourage, guide, and keep you on track.

Safe, no contact appointments can be made
by calling 218-878-2190



Must meet program eligibility requirements.
Fond du Lac Human Services Division