

Nutrition Counseling | Personal Food Coach

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Family

No

Intake Contact

Mary Ann

Intake Contact Email

sara.goode@invoahealthsource.org

Intake Process

Call for more information.

Self Refer

Yes

Inova Health System

<http://www.inovahealthsource.com/IntroPFdC.html>

Main

(703) 698-2476

2700 Prosperity Avenue,

Suite 100

22031 VA

United States

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Are you ready to start making healthful changes in your diet, but not sure how?

Work with Personal Food

Coach to navigate the ever-changing nutrition field. If you are ready to shop for, prepare and taste great,

healthy foods then Personal Food Coach is for you!

Personal Food Coach is a twelve-week Internet only program that addresses the basics of health eating

while also allowing you to tailor the program to your unique areas of interest. You will have access to a private website full of helpful information, as well as your very own personal coach. Support will include weekly emails, personal activities with weekly goals, and telephone consultations.

This gradual lifestyle change program will help you learn more about healthy eating and while also

addressing your specific areas of interest. Follow [this link](#) to review the Personal Food Coach Overview and Syllabus

Service Area(s)

Fairfax City

,

Fairfax County

,

Falls Church City