

Nutrition Coaching for Students



Nutrition Coaching

Meet one-on-one with an SMHCS Registered Dietitian to review your eating habits and health goals. You'll receive complimentary personalized guidance, practical nutrition tips, and strategies to help you feel your best.

We Can Help With

- Energy and focus for studying
- Building healthy habits
- Making healthy meal and snack choices
- Weight management and body confidence
- Sports and performance nutrition
- Plant-based and vegetarian nutrition
- Managing blood sugar, cholesterol, PCOS, and other health conditions

How to Sign-Up

- An SMHCS Registered Dietitian will be offering complimentary nutrition coaching at the Student Health Center on the 3rd Monday of every month from 10am - 2pm, by appointment only.
- A 30-minute time slot can be reserved by visiting www.calendly.com/medical-ringling/nutrition or by scanning the QR code.



Call (941) 309-4000 or email medical@ringling.edu for more information.

RENEW Program

Restore and Empower through Nutrition, Exercise and Wellness

