



Craving a Change? Start Here.

Proper nutrition and health go hand in hand – but with all the conflicting advice out there, how do you know what works best for you? Let Carson Valley Health take the guesswork out of eating well and put you on the path toward feeling your best.

For a limited time, enjoy a one-on-one consultation with Registered Dietician Sarah Montgomery at a special, discounted price. You'll receive expert nutritional guidance, personally tailored to your unique lifestyle, allergies, and health goals.

\$50 for 30 Minutes - \$100 for 60 Minutes

Get a taste of what works best for you. Call 775.783.3084 to make your appointment today.

A referral from your primary care provider is required.

This special is available only in the months of February, May, August and November, and applies only to self-pay patients. No insurance will be billed.



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For more information visit CarsonValleyHealth.org or call 775.783.3084