



**BEWELL**

Services to Keep  
You Healthy

## Free Nutrition Counseling for Ridgefield Kids & Teens

With Registered Dietitian, Monica Marcello, RD

Thanks to the generous support of the Ridgefield Fresh Air Fund and the Barker Welfare Foundation, RVNAhealth Registered Dietitian and Nutrition Educator, Monica Marcello, MS, RD will be offering free nutrition counseling for Ridgefield kids, teens, and families with dietary health challenges.

### Families Who Qualify:

Ridgefield kids/teens (ages 6-18) with dietary and nutrition-related health challenges and their parent/guardian.

#### Examples include but are not limited to the following:

- Food allergies or intolerances
- Chronic bloating, nausea, constipation, diarrhea and/or chronic upset stomach
- Irritable Bowel Syndrome
- Inflammatory Bowel Disease
- Diabetes/Insulin resistance
- Limited food preferences affecting growth and health
- Crohn's disease or colitis

Note: this program is NOT for children struggling with disordered eating behaviors. If you think your child has disordered eating behaviors, we can help you find support.

Do you qualify? Contact:  
[nutrition@rvnahealth.org](mailto:nutrition@rvnahealth.org) or  
scan QR code.



**rVnaHEALTH™**

For Lifelong Care & Wellness

Over

[nutrition@rvnahealth.org](mailto:nutrition@rvnahealth.org) | 203.438.5555 | 27 Governor St. Ridgefield, CT



**BEWELL**

Services to Keep  
You Healthy

## The Program:

Three personalized nutrition sessions, for child and family

**During this program, your child/family will receive:**

- Intake/Assessment by Registered Dietitian
- Personalized nutrition recommendations to promote overall health and quality of life
- Nutrition education on how to shop, prep, and cook meals for the entire family
- Meal plans
- Nutrition toolkits supporting your child's specific health challenge

The purpose of this program is to ensure that all children living with nutrition related health challenges have access to a registered dietitian. As the grant is defined by its scope and funding, space is limited to Ridgefield residents and children will be accepted on a first come, first serve basis.



**Monica Marcello, MS, RD**  
Registered Dietitian

Do you qualify? Contact:  
[nutrition@rvnahealth.org](mailto:nutrition@rvnahealth.org) or  
scan QR code.



## About RVNAhealth's Nutrition Services

Monica Marcello, MS, RD is RVNAhealth's registered dietitian and nutrition educator who promotes holistic health, longevity, and quality of life. Monica's areas of expertise include disease prevention, treatment for many chronic and acute conditions, and digestive health.

Her primary concentration includes treating digestive disorders such as GERD (Gastroesophageal reflux disorder), IBS (irritable bowel syndrome), SIBO (small intestinal bacterial overgrowth) and IBD (inflammatory bowel disease). Monica also has extensive experience in conditions such as heart disease, high cholesterol, diabetes, obesity, and weight management.

**Learn more at: [rvnahealth.org/nutrition](http://rvnahealth.org/nutrition)**