

# Dietitian Services at the UCCS Student Wellness Center

**3 FREE Visits for all Students!**

**Call 255-4444 to make an  
appointment**

We can discuss...

- Eating healthy in the Dining Halls and on campus
  - Nutrition for exercise and athletics
  - Easy dorm-room recipes and snacks for class
  - Food allergies, sensitivities, or chronic diseases
  - Gluten-free, vegetarian, or vegan on campus
  - Strategies for the “Freshman 15”
  - Mindful eating and a healthy relationship with food
- ... and much more!

