

Meet Your Health Educator



BRITTANY
WOODBURY,
MS, RDN, LD



Brittany is a Registered Dietitian. She completed her bachelor's and master's degree in nutrition and dietetics at Brigham Young University. Brittany believes that all foods fit into a healthy diet, this includes favorite foods! Helping clients build a healthy relationship with food is Brittany's priority, while aiding clients to meet their nutritional goals. Brittany has worked with clients on weight management, and management of chronic diseases including diabetes, hypertension, and hyperlipidemia. Brittany enjoys trying out new recipes with her husband, baking sourdough bread, playing pickleball, and skiing.

Working with a Health Educator can assist with one or more of the following:

- Health conditions related to: blood pressure, cholesterol, diabetes and weight management
- Nourishing and nutrient dense foods
- Activity and movement goals
- Sleep habits
- Stress management
- Quality of life
- Energy levels

Benefits of working with a Health Educator Professional

- 1. Personalized Care Plan** - strategically focused on your personal goals and built on your strengths to help you improve your overall health and well-being.
- 2. Convenient** - All health center eligible members have access to health education services.
- 3. Confidential** - CareATC complies with all HIPAA regulations.

We are here to help!



Show Me
The App!



Convenient ways to schedule an appointment:

 www.careatc.com/patients  CareATC app  brittanywoodbury@careatc.com  502.586.0290