What is good nutrition?

For most people, that’s a hard question to answer.

You can find weight management and nutritional advice anywhere – on the Internet, on television, in bookstores – but sorting through it all leaves many people frustrated and confused. The best weight management and nutrition programs are specifically tailored to your nutritional, physical and lifestyle needs. Yet evaluating which diets would best complement your needs can be difficult.

That’s where we come in...

Outpatient Diabetes and Nutrition Services
at The Chester County Hospital
610.738.2835

The Chester County Hospital
701 East Marshall Street
West Chester, Pennsylvania 19380
www.cchosp.com
Our hospital-based dietitians are nationally credentialed and licensed by the state of Pennsylvania. Further, all of our dietitians have completed advanced training in their fields. In fact, our dietitians have extensive experience handling complicated, critical issues like weight management and nutrition concerns facing renal, gastrointestinal, cardiac and pediatric patients as well as those with diabetes.

Whether you have a chronic health condition or want to improve your eating habits for your own personal and physical well being, we have the expertise and the programs in place to help you do it.

Nutrition Counseling
Our individual counseling sessions begin with a one-hour consultation with one of our dietitians to assess your dietary needs. We’ll work with you to create a realistic nutrition plan that takes into consideration both your physical goals and your lifestyle. In so doing, we create a plan that is tailored specifically to you. And, our dietitians will provide you with evidence-based guidelines, meaning that your nutritional plan will be based on solid, proven research – not fads or fashions.

Children with weight management needs are seen with their parent(s) or guardian. We use a family centered program to foster a healthier home environment and improved family dynamics.

Group Classes
If your primary goal is weight management or disease prevention, our group classes can help. By offering a supportive environment in which you can meet others who have similar goals, our group classes help you make lifestyle and dietary changes necessary to achieve good health.

HEALTHY STEPS
Think Smart : Eat Well : Move More!
This program teaches you how to lose weight safely, without fad diets, and develop healthy habits for a lifetime of weight maintenance. Program includes 16-weeks of interactive group sessions.

Think Smart:
Thinking smart and making good choices are the cornerstone of success. This program will provide tools to change your way of thinking, making it easy to choose the healthy options and support your weight loss goals.

Eat Well:
Instructors will teach the skills necessary to maintain good nutrition while cutting calories to lose weight. These skills are essential for a safe, successful weight loss that encourages long-term lifestyle change.

Move More:
Physical activity is an essential part of losing weight and keeping it off. Each week a fitness activity is incorporated into the class to help you learn to move more on a daily basis.

Supermarket Tours + Nutrition Seminars
• Supermarket tours are conducted at several local supermarkets throughout the year.
• Nutrition seminars on topics of special interest are also offered throughout the year.

Workplace Education
Call the Occupational Health Center at 610-738-2450 for information on nutrition and lifestyle seminars that can be done at your workplace.

Exercise Center
As part of our commitment to your weight management and overall health, The Chester County Hospital offers an on-site fitness center. We provide cardiovascular and strength training equipment, as well as a variety of fitness classes to help your body get the exercise it needs to meet your goals for good health.

Contact Us
Nutrition Services at The Chester County Hospital
North Hills Medical Building
795 East Marshall Street
West Chester, Pennsylvania

For more information or to make an appointment:
Individual Nutritional Counseling: 610-738-2835
Group Classes: 610-738-2300

A discounted membership option is available at The Center for Health and Fitness for class participants.