

## ROCKVILLE LOCATION

Need to - eat healthier? Control blood pressure? Lose weight? Manage Diabetes? Decrease cholesterol?

### Introducing ARA's Nutritionist / Dietician Rick Weissinger, MS, RD, LDN, CPT

Rick Weissinger is a registered and licensed Dietitian and Nutritionist. He is the lead author of two editions of 'Nutrition Guide for Clinicians', a 100-chapter, 900-page handbook for medical students that details the role of diet in preventing and treating most common health problems. Additionally, he is an editorial board member of 'Nutrition Journal'. He has written and published education programs and lectured extensively on numerous medical topics, including; cardiovascular disease, cancer prevention, the psychology of successful weight control, stroke prevention, and diabetes prevention and treatment. Rick has taught nutrition as an adjunct faculty member at a number of colleges, i.e. University of Delaware, and has worked as a liaison between the USDA's Nutrient Data Laboratory and the 5-A-Day for Better Health program. His 25 years of clinical experience includes working with patients in critical care, dialysis, long-term care, and home health. His chief interests include the interface between diet and medicine, and he enjoys explaining to patients the ways in which diet impacts their disease processes, particularly how they can use nutrition for healing.

**Wednesday, June 5, 2013**

**1:00pm to 5:00pm**

**Wednesday, July 3, 2013**

**1:00pm to 5:00pm**

Consultation appointments will be held in the following location:

**Arthritis and Rehabilitation Therapy Services**

14955 Shady Grove Road  
Suite 255  
Rockville MD, 20850

Advance registration required

**To reserve your appointment, sign up at the PT front desk or call  
(301) 929-4125**

**COST: \$125 for initial consultation and \$85 for follow-up**

\*to be paid in advance, non-refundable\*

Visit the Wellness Program at [www.washingtonarthritis.com](http://www.washingtonarthritis.com)