

ELLAD Preventive Health

Empowering Healthier Lives Through Prevention, Education, and Support

Your Doctor Has Referred You to ELLAD Preventive Health

Preventive healthcare is one of the most effective ways to improve your overall health and quality of life. ELLAD Preventive Health provides personalized services designed to help individuals prevent chronic disease, manage existing health conditions, develop healthier habits, and achieve long-term wellness goals.

Our team works collaboratively with you to create practical, sustainable strategies that support your physical, emotional, and nutritional well-being.

Services We Provide

- Weight Management Programs
- Medical Nutrition Therapy
- Eating Disorder Support
- Health & Wellness Coaching
- Meal Planning & Nutrition Education
- Telehealth Appointments
- Diabetes Self-Management Education
- Dietitian Nutrition Counseling
- Mental Health Support Services
- Lifestyle Modification Programs
- Chronic Disease Prevention
- In-Person Appointments

What to Expect

Your first appointment includes a comprehensive assessment of your health concerns, lifestyle habits, nutritional needs, and wellness goals. Based on your individual needs, we will develop a personalized plan focused on achievable steps that support lasting health improvements.

Benefits of Our Services

- ✓ Achieve and maintain a healthy weight
- ✓ Develop healthier eating habits
- ✓ Build confidence in managing your health
- ✓ Improve your relationship with food
- ✓ Create lasting lifestyle changes
- ✓ Improve blood sugar management
- ✓ Improve energy and wellness
- ✓ Strengthen self-care skills
- ✓ Reduce chronic disease risk
- ✓ Receive ongoing support and accountability

Why Choose ELLAD Preventive Health?

- Personalized Care
- Evidence-Based Services
- Dietitian & Coaching Support
- Integrated Care
- Flexible Scheduling
- Coordinated Care

Schedule Your Appointment Today

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