

# MEET THE MDD TEAM

*My Diabetes Dietitian, Inc.*

704-846-7105 | Fax: 704-246-6808 | [www.mddhelp.com](http://www.mddhelp.com) | [staff@mddhelp.com](mailto:staff@mddhelp.com)



*Judy Fischer, Owner*  
RD | LDN | CDE | RYT-200

## WE ARE SPECIALISTS IN PERSONAL NUTRITION COUNSELING

*At MDD, we genuinely care about your nutrition! A common thought about our services is that we only cater to the diabetic community, which is not true! We offer a wide array of services to all our clients such as meal planning, weight loss strategies, as well as a corporate wellness program to help you maintain a healthy workforce and staff at your business!*

*We believe that nutrition is a very important part of our daily lives and yours, and we work hard to assist you reach your goals!*



*Laurie Ross*  
RD | LDN

## HOW CAN THE MDD TEAM HELP?

- ◇ Diabetes Education
- ◇ Weight Control
- ◇ Food Allergies
- ◇ Corporate Wellness
- ◇ Cholesterol Control
- ◇ Blood Pressure Control
- ◇ Celiac Disease
- ◇ Heart Healthy Eating
- ◇ Renal (Kidney Related)
- ◇ Bariatric Surgery Assessments
- ◇ Sports Dietetics
- ◇ Gentle FlowYoga
- ◇ Physician Referrals
- ◇ Individuals & Families



*Jane Schafer*  
RD | LDN



*Susan Steelman*  
RD | LDN



*Amanda Herlocker*  
MS | RD | LDN



*Michelle Smith*  
RD | LDN



*Heather Sylvester*  
MA | RD | LDN

### Matthews

1315 Matthews-Mint Hill Road  
Suite B  
Matthews, NC 28105

### Huntersville

The Huntersville Professional Building  
11330 Vanstory Dr. Suite 109K  
Huntersville, NC 28078

### Greensboro

806 Green Valley Road  
Suite 200  
Greensboro, NC 27408