

What are your weight and nutrition goals? Let PAS help you achieve them.

PAS' team of caring dietitians provides education, support and customized plans for your unique goals

- Managing weight
- Meal planning and cooking healthy foods for you and your family
- Developing nutritional strategies to prevent or control health conditions such as diabetes, osteoporosis, high cholesterol, high blood pressure and food intolerances
- Healthy eating for athletes



Weight & Nutrition Coaching is provided through your Employee Assistance Program