



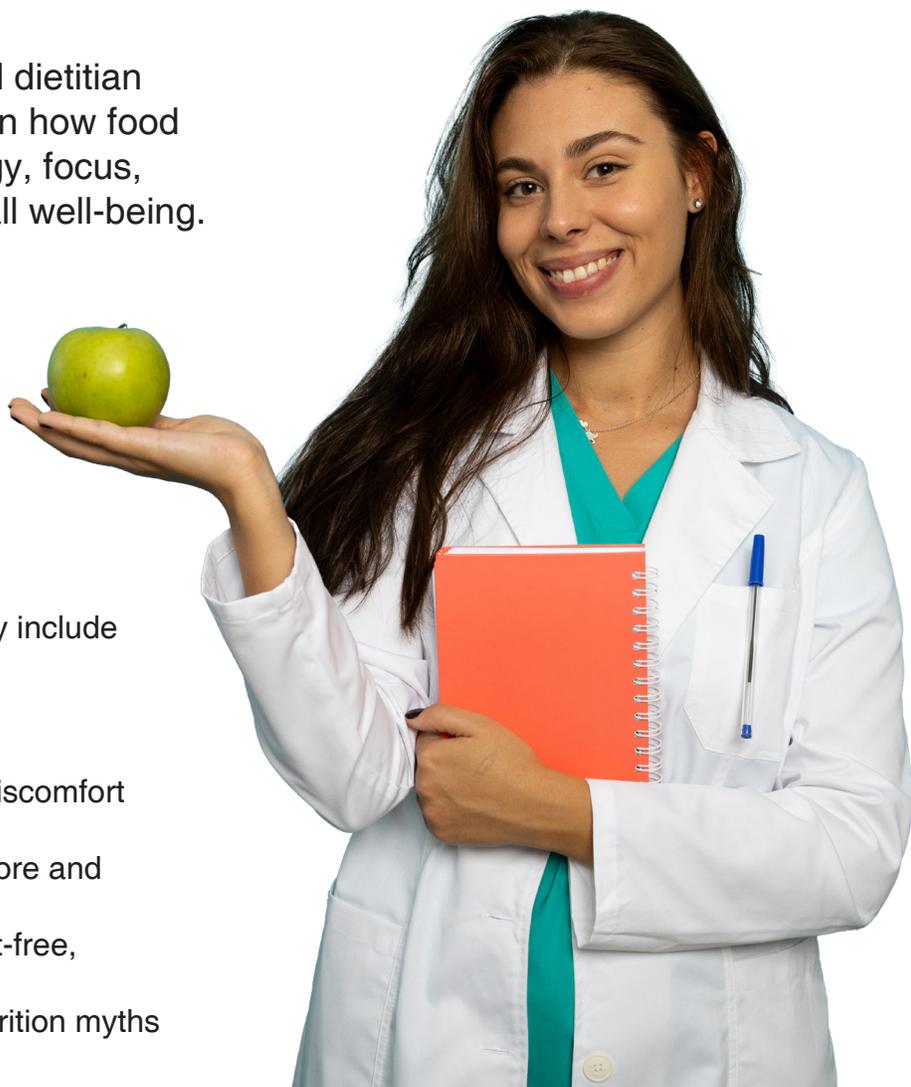
NUTRITION SUPPORT ON CAMPUS

through Student Health & Wellness

Meet one-on-one with a registered dietitian for supportive, real-life guidance on how food and daily habits impact your energy, focus, digestion, stress, sleep, and overall well-being.



Sign up here to get notified about appointment dates



Appointments are personalized and may include help with:

- Feeling tired, foggy, or burned out
- Stress, sleep, and mood support
- Digestive concerns like bloating or discomfort
- Steady energy throughout the day
- Sports and performance fueling (before and after workouts)
- Weight or health goals in a judgment-free, sustainable way
- Questions about supplements or nutrition myths



Shasta College

www.shastacollege.edu

Shasta College is an equal opportunity educator and employer.



Student Health & Wellness Office

(530) 242-7580