



Core Nutrition, LLC

Healthy Choices For Life ©

Michelle Henry, RD, LD
Registered Dietitian
(937) 260-9548

Are you struggling with your weight? Losing energy for your workouts?

Have a Registered Dietitian help you find that boost you need through healthy eating and nutritious food choices!

A Registered Dietitian can help you with:

Diet Evaluation
Calorie Goals
Meal Planning
Nutrition Labels
Performance Nutrition
Supplement Guidance
and More!

Why Core Nutrition, LLC?

Core Nutrition, LLC Registered Dietitians make house calls! Our dietitians are able to help with you other aspects of nutrition that cannot be accomplished in the traditional office setting, including realistic meal planning!

Our goals are to meet your nutrition needs by tailoring our services to your specific needs! We're here for you!

Take One!



Corporate services also available!

The registered Dietitians of Core Nutrition, LLC are also available for company nutrition classes, wellness expos, menu analysis and menu planning or advice! Call for information!