

A balanced, healthy diet can help to improve your overall health and well-being, as well as helps to manage other medical conditions. We have a licensed dietitian who would be more than happy to discuss with you manageable ways to improve your diet. Her name is Joy Benjamin and you can reach her at 330-363-3282. Let her know you are interested in getting some information and ideas on ways to improve your diet. This is **FREE** service and she is very friendly and easy to talk to. I am sure she can help you. Aultman Hospital also has a Weight-Loss Program you may be interested in. The Aultman Weight-Loss Program is **NOT** a free service or part of your benefits, but it might be something you may want to investigate. Their phone number is 330-491-1670. Let them know you got their information through the PrimeTime MTM Program.