

Our Nutrition Goal

Our goal is to provide up-to-date and easy to understand nutrition education to improve eating habits, improve health, positively impact disease states and achieve a healthy body weight.

We aim to give each patient the knowledge to gain sustainable control over their eating habits for optimal health over their lifetime; while considering their families, their friends, and food preferences.



Nutrition Care Division Winn Army Community Hospital

**1061 Harmon Avenue
Fort Stewart, Georgia 31314
Phone: 912.435.6707
Fax: 912.435.6791
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Nutrition Care Division (NCD) Education Programs

Course Catalog



Healthy Eating for Happy Living



Meet Your Winn Army Community Hospital Registered Dietitians

CPT Jill Fowler-Hakes, RD LD
Chief, NCD

Ms Raleighta V. Varnedoe, MS RD LD
Assistant Chief, NCD

**CPT Bridget (Couchon) Owens,
MS RD LD**
Clinical Dietitian

Mrs Joy Cornthwaite, MS RD LD CDE
Clinical Dietitian

Currently Available Medical Nutrition Therapy Sessions

Hypertension

Cholesterol & Heart Health

**Diabetes Medical & Nutrition Education:
Self-Management Program**
(Also at Tuttle Army Health Clinic)

Pediatric Obesity Clinic
(Pediatric AIM to Winn [PAW])

Baby N' Me: Nutrition During Pregnancy

Baby N' Me: Nutrition for Gestational Diabetes

Adult Weight Management: Healthy Winn

AIM to Winn

Bariatric Surgery Education
(Support Sessions provided by RN)

**Official Army Weight Management Program:
ARMY MOVE!**
(On Location at WINN ONLY)

**Individual Sessions for Specific Concerns are Available
at Both Locations: Winn NCD and Tuttle Army Health
Clinic**

Setting Up Your Appointment

NEW PATIENTS*: Should first discuss any and all medical concerns with their Primary Care Manager (PCM) and/or Medical Doctor. The provider will place a consult for the Nutrition Care Clinic. Off-post Physicians may fax or send a hardcopy of a Prescription for Nutrition Therapy to the clinic. Upon receipt of the consult, the Nutrition Care Clinic will contact the patient to schedule an appointment.

**Patients who have not been seen by a Registered Dietitian (RD) in the past 12 months, must request a new consult and a new initial assessment.*

CURRENT PATIENTS: If you have already attended an initial assessment and/or nutrition session with a Registered Dietitian (RD), please contact the clinic office for a follow-up appointment at 435-6707. Individual follow-up appointments will be provided as available.

CURRENT PATIENTS WITH NEW DIAGNOSIS(ES): Please discuss your current nutrition successes and goals with your provider and whether or not they are in line with your new needs. Request a new consult for the RD based on your new diagnosis.

FAQ: Why do I need a referral to Nutrition Care Clinic?

Patients are asked to request a referral through their Primary Care Manager and/or Medical Specialist due to the relationship between medical nutrition therapy and certain medical conditions. It is necessary for your Physician(s) and/or Provider(s) to be aware of dietary interventions due to the possible impact of dietary modifications and/or weight loss on the effects of medications. Sometimes medications must be modified to reflect dietary changes and/or weight loss.

