

## **Our Nutrition Goal**

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Our goal is to provide scientifically accurate and easy to understand nutrition education to improve eating habits, improve health status, 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**

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**1061 Harmon Avenue  
Fort Stewart, Georgia 31314  
Phone: 912.435.6707  
Fax: 912.435.6791**

## **Nutrition Care Division (NCD) Education Programs**

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*Healthy Eating for Happy Living*



## Meet Your Winn Army Registered Dietitians & Medical Support Assistants

### CPT Jill Fowler-Hakes RD LD

Chief, NCD

### Ms Raleighta Varnedoe MS RD LD

Assistant Chief, NCD

### LT Bridget Couchon MS RD LD & Mrs Joy Cornthwaite MS RD LD CDE

Clinical Dietitians

### Mrs Shantelle Kuykendall & Ms Vanessa Williams

Medical Support Assistants

## 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***

**Baby N' Me: Nutrition During Pregnancy**

**Baby N' Me: Nutrition for Gestational Diabetes**

**Basic Adult Weight Management: Healthy Winn**

**AIM to Winn:  
Intensive Weight Management Program**

**Bariatric Surgery Education  
(Support Sessions provided by RN)**

**Official Army Weight Management Program:  
ARMY MOVE!  
(Sessions held onsite ONLY at Winn)**

**Individual Sessions for Specific Concerns**

**\*\* Note \*\***

Please Contact the Clinic for more information  
about specific class schedules.

## Scheduling 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 (NCD). Off-post Physicians may fax or send a hardcopy of a Prescription for Nutrition Therapy to the clinic. Upon receipt of the consult, the NCD 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 NCD clinic office for a follow-up appointment at phone 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?** 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 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.

