



FIND THE TREATMENT AND SUPPORT SERVICES THAT ARE RIGHT FOR YOU

## E.U.P. Registered Dietitian Services



Betty Noland and Charla Gordon are experienced Dietitians who have been serving the community for decades. They are caring individuals who are dedicated to the wellbeing of each client they serve. They have a great passion for helping their clients to make healthy choices that improve the quality of their lives. They employ a number of creative strategies while educating their clients in healthy food choices Exercise, heart math (a type of Bio-Feedback), stress management and more...are all part of Betty and Charla's wellbeing approach.

Some of the services that Betty and Charla offer are listed below.

### Service Population:

- ◆ Eligible clients are enrolled members of the collaborating tribes and members of other Federally recognized, State recognized and Canadian tribes residing in the project service area, as well as Non-Native family members and descendants
- ◆ Male & Female

### Level of Care:

- ◆ Recovery Support

### Contact Information:

**First Point of Contact:** *ATR*  
 Betty Noland or Charla Gordon  
 Sault Ste. Marie, MI 49783  
 Betty: 906.630.2998  
 Charla: 906.630.0792  
 Charla.rd2008@yahoo.com



**Hours: Please call for appointment**

### Care Categories / Services Offered:

- ◆ **Health and Global Wellness**
  - Heart Math (bio feedback)
  - Nutritional Management
  - TRACKS for weight management
  - Life Style Changes
  - Stress Management
  - Cooking Classes
  - Nutritional Education

### Region Where Located:

- ◆ Eastern Upper



**“Choose Recovery”**