



"I want to help you discover ways to incorporate health and wellness habits that work for you and your lifestyle."

Beth Cook, RD, CDE

Registered Dietitian & Certified Diabetes Educator
Aspirus Keweenaw in Laurium and Houghton

12 years providing one-on-one and group nutrition counseling, cooking demonstrations, grocery store tours and employee wellness programs.

Previous work and collaboration with Michigan Tech's wellness programs to provide healthy cooking classes and guided grocery store tours.

Strong clinical experience for those requiring in-depth counseling.

Special interests include:

Weight management, diabetes and cardiovascular disease prevention and management, allergies, functional foods, and mindful eating.

Healthy Eating Matters! One-On-One Dietitian Program Goals

- Help Michigan Tech employees aspire to healthier eating choices and practices
- Provide employees who desire to improve their diet a high-quality access point for one-on-one counseling sessions
- Facilitate and lead participating employees through a cycle of participation under guidance of Health and Wellness Steering Committee
- Report participation, summarize positive outcomes and identify barriers for future efforts

Personal coaches are more effective than self-help using internet, books or TV infomercial programs.