



**FUNCTIONAL
HEALTH CENTER**

www.FunctionalHealthCenter.com
FunctionalHealthCenter@gmail.com
215-888-0170

Dietitian Services for Healthy Living

1-on-1 Nutrition Consults *

With Registered Dietitian Nicole Schillinger-Vogler by your side, design a plan and begin taking achievable steps to reach your goals.

She helps clients with weight loss or gain; reducing inflammation; decreasing medication dependency for blood pressure, cholesterol, pain, GI issues, and blood sugar regulations with diet and exercise changes.

Nicole's areas of expertise include:

Arthritis, Diabetes, Depression, Food Allergies & Intolerances, Gastrointestinal Disorders (IBS, Bloating, Celiac, Constipation), Heart Health, Immune Diseases, Inflammation, Prenatal Nutrition, Reflux, Stress Management, Thyroid Disorders, Vegetarian/Vegan, and MUCH MORE!

*** Many insurance plans pay for these services, even virtually during COVID-19 pandemic.**

We accept the following insurances:

Independence Blue Cross, Keystone Health Plan East, Independence Administrators, High Mark, Horizon, Cigna, AmeriHealth, Aetna & United Healthcare.

(If you are interested, we can verify what your policy covers on your behalf.)

Other available services:

- Corporate Wellness
- Meal Prep
- Cooking Demos
- Group Exercise
- Personal Training
- Nutrition Talks / Corporate Presentations (choose from over 25 topics for up to 1 hour)



Nicole Schillinger-Vogler, RD, LDN
Owner of Functional Health Center LLC
Registered & Licensed Dietitian
Certified NESTA Personal Trainer
Certified AFAA Group Exercise Instructor

CONTACT US BY PHONE OR EMAIL TO SCHEDULE AN APPOINTMENT

FOLLOW NICOLE:

IG: @functionalhealthcenter

Facebook: www.facebook.com/functionalhealthcenter

LinkedIn: <https://www.linkedin.com/in/nicole-schillinger/>