



# Rachel Greening

**Dietitian, Diabetes Educator  
Central Region**



## **Services I can offer to your Family & Community include:**

### **One To One**

- Nutrition Counselling
  - Pre/Postnatal Nutrition
  - Heart Healthy Eating
  - Diabetes Prevention
- Diabetes Consultations
- Blood Sugar Testing
- Diabetes Screening

### **Groups**

- Healthy Eating On A Budget Cooking Groups
- Food Preservation / Processing
- Diabetes Friendly Meal Preparation
- Healthy Eating For Young Families Groups
- Community Diabetes Screening

### **Communities Served**

Ahousaht  
Tla-o-qui-aht  
Hesquiaht  
Toquaht

### **Contact Information**

Rachel Greening  
Phone Number  
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### **Training Experience**

- Registered Dietitian
- Certified Diabetes Educator
- PhD Candidate – Diabetes Resiliency through Traditional Food System Engagement