

Lindner Center of HOPE

Professional Associates

Outpatient Nutrition Therapy Services

Mental illness has a profound impact on the overall health of the individuals it touches. Considering nutrition impacts all bodily functions, including sleep, reproduction, metabolism, cognition, and emotional processing, having a dietitian as part of a treatment team is vital. More specifically, both the Academy of Nutrition and Dietetics and the American Psychiatric Association identify dietitians as an essential member of eating disorder treatment teams.

A dietitian can:

- evaluate current eating patterns
- develop individualized plans to ensure optimal nutrition
- identify disordered thoughts and behaviors
- provide education and guidance on cooking and grocery shopping
- enhance the effectiveness of other therapeutic treatments such as medication and therapy

Lindner Center of HOPE Professional Associates now has expanded outpatient nutrition therapy services available to both individuals in the community, as well as, current Lindner Center of HOPE Professional Associate clients.

Lindsey Flannery, registered dietitian, is fiercely passionate about helping folks integrate nutrition as one element of whole-person health and wellness. Lindsey practices from a weight-inclusive, non-diet perspective and can provide nutrition therapy for individuals with a wide variety of mental health and/or medical conditions.

Individuals and families who might benefit most from her services include those who struggle with:

- chronic dieting
- disordered eating
- an eating disorder
- body image distress
- picky/selective eating



Lindsey is available for both in-person and telehealth visits.

Currently, all outpatient nutrition therapy sessions are self-pay. Initial visits are typically 60-90 minutes and cost ranges from \$150-200 depending on the length of the visit. Follow up sessions are about 30-45 minutes and cost ranges from \$68-135. Lindsey is also available for 15-minute discovery calls so clients can better understand her services and if she might be a good fit.

To schedule a discovery call or appointment, call 513-536-0570. Referrals are not required.

4075 Old Western Row Rd.
Mason, OH 45040
Main: 513-536-HOPE (4673)

Lindner Center
of HOPE. |  UC Health™