

## Schedule your appointment today at one of the following locations:

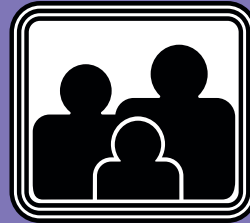
- Beach Area Family Health Center
- Chase Avenue Family Health Center
- Chula Vista Family Health Center
- City Heights Family Health Center
- Diamond Neighborhoods Family Health Center
- Downtown Family Health Center at Connections
- El Cajon Family Health Center
- Elm Street Family Health Center
- FamilyHealth At City College
- FamilyHealth At College Grove
- FamilyHealth On Commercial
- Grossmont Spring Valley Family Health Center
- Hillcrest Family Health Center
- Ibarra Family Health Center
- Lemon Grove Family Health Center
- Logan Heights Family Health Center
- National City Family Health Center
- North Park Family Health Center
- Oak Park Family Health Center
- Rice Family Health Center
- Sherman Heights Family Health Center

**Call (619) 515-2526**

Se habla español

To find the location nearest you,  
please visit us at

**www.fhcsd.org**



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

## Patient Care Support Services Department

Everyone is welcome at our health centers. We accept most managed care plans, and we offer uninsured patients payment options on a sliding fee scale.

**www.fhcsd.org**

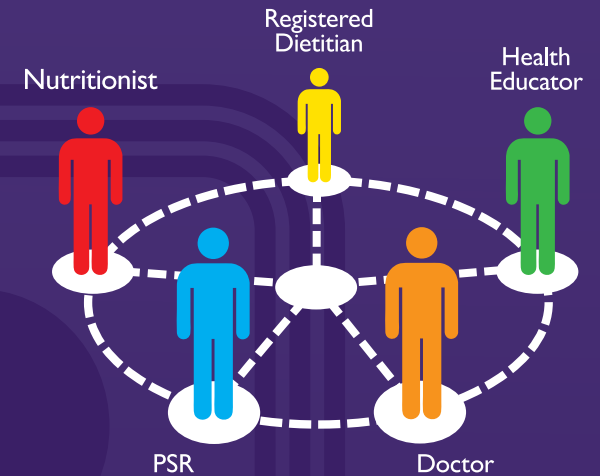
**(619) 515-2526**



Accredited by The Joint Commission



## Patient Care Support Services Department



Would you like to know more about your health condition?

Do you have a question about nutrition?



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

## The Patient Care Support Services Department offers one-on-one counseling for:

- Diabetes
- High blood pressure
- High cholesterol
- Anemia
- Asthma
- Kidney/liver disease
- Nutrition and exercise
- Eating disorders
  - Anorexia
  - Bulimia
  - PICA
- Gastrointestinal problems
  - Constipation
  - Diarrhea
  - Irritable Bowl Syndrome
  - Gastro Esophageal Reflux Disease
- Weight management
  - Obesity
  - Childhood Obesity
  - Overweight



## Group Education Services

### Diabetes Self-Management

#### 5-session series

Learn how to better manage your diabetes and the health risks associated with this condition.



### Smoking Cessation

#### 5-session series

We are here to support your decision to stop smoking.



## Pediatric Education Programs

### “Healthy Habits, Healthy Kids”

#### 7-session series

A pediatric weight-management program for kids 2-18 years old and their families.



Designed to promote physical activity and help your family adopt a healthier lifestyle!

### Toddler Nutrition Education

Designed for children 13 to 36 months to learn about nutrition, dental care, safety and health, cognitive and behavioral development.

For more information please call:

**(619) 515-2526**

## Meet your care support team:

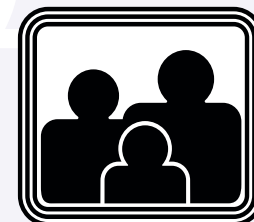
### Registered Dietitians

Registered Dietitians are licensed by the Commission on Dietetic Registration and are able to provide medical nutrition therapy. They use their nutrition expertise to help you make unique, positive lifestyle changes.

### Health Educators/Nutritionists

Health Educators/Nutritionists possess knowledge and skills in disease prevention, nutrition and wellness. They support wellness by providing strategies to make healthy behavioral changes.

We invite you to come learn about your condition, achieve self-management skills and reduce complications.



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