

# Dear [Client's Name],

We are excited to welcome you to our Fitness Center's Dietitian Consultation Program focusing on diabetic meal planning. This program is designed to support you in managing your diabetes through personalized nutrition guidance.

## Program Overview:

Your consultation will include:

- Initial Assessment of your dietary habits and health status
- Personalized meal planning tailored to your dietary needs
- Education on carbohydrate counting and portion control
- Regular follow-up sessions to track progress and adjust plans as needed

## First Appointment Details:

Your first appointment is scheduled for [Date] at [Time]. Please arrive 15 minutes early to complete any necessary forms.

## What to Bring:

- Any relevant medical records
- Your current list of medications
- A food diary for the past week, if available

We look forward to partnering with you on your journey to better health.

## Contact Us:

If you have any questions before your appointment, don't hesitate to reach out at [Phone Number] or [Email Address].

Best regards,

[Your Name]

[Your Title]

[Fitness Center Name]