

# Jo Marie Kadrmias

## Licensed Registered Dietitian



**Quotes to live by:** “the steeper the mountain, the harder the climb, the better the view from the finishing line” —Anonymous

“Failing to plan is planning to fail.”— Allen Lakein

“If at first you don't succeed, try, try again.”—William E. Hickson

“Our greatest glory is not in never falling, but in rising every time we fall.”— Confucius

“A healthy life consists of balance—sound nutrition, eating a variety of food, and making physical activity part of your daily routine.” —Jo Marie Kadrmias, LRD

### Call to Schedule/Questions:

Office: 701-456-2070 (messages)

Home: 701-483-3445

E-mail: jokadrmias@yahoo.com

### Areas of specialty for Individual and Group Services:

- Personalized Nutrition Programs
- Weight Loss
- Diabetes/Carbohydrate Counting
- Cholesterol reduction
- Triglyceride management
- Hypertension Management
- Pre/Post Natal Nutrition
- Food diary nutrition analysis
- Menu planning
- Reliable nutrition education

### Offering the following unique services:

- Grocery Store Tours
- BodyFit Challenge lectures
- Recipe Analysis
- Cooking Classes

### Hours Available:

- Monday-Saturday: 9:00am-12:00pm
- Monday-Thursday: 6:00-8:00pm

### Position:

Licensed Registered Dietitian

### Education:

Bachelor of Science in Food, Nutrition and Dietetics

### Certifications:

- Certificate in Child and Adolescent Weight Management
- CPR/First Aid

### Mission Statement:

*“Providing direction to attain Healthy Results and inspire everyone to integrate exercise and wellness as a vital part of their life.”*

