

Dear Patient,

As part of your approval process for your upcoming weight loss surgery, you will need to complete an evaluation with a registered dietitian.

Please contact Sharon Richmond, RD, LDN, CLT to schedule your evaluation.



Nutrition Your Weigh!

Nutrition Solutions Designed to Fit Your Lifestyle



My name is Sharon Richmond, RD, LDN, CLT

As a dietitian, I believe in food and nutrition for health and healing first. Nutrition plays an important part in weight loss as well as many chronic diseases. My goal is to help you lose weight or heal by incorporating a healthy lifestyle as part of your total health management.

I would be happy to assist you in your needs and will endeavor to give you the best service possible.

Nutrition Evaluation for Bariatric Surgery: 30-60 minutes - \$80 • Phone visits are available

Important Information

*Nutrition forms (Questionnaire and 24 hour food recall) must be filled out and sent back to my office either by fax or e-mail when your appointment is by phone **BEFORE** your appointment.

***No shows will be billed \$25 extra when the consult is actually held.**

***I do not take insurance**

Contact Information

www.nutritionyourweigh.net

Office Location: 13919 Carrollwood Village Run
Suite 7

Tampa, FL 33618

Email: SharonRichmond01@gmail.com

Phone: (813) 727-3219

Fax: (813) 602-0275

To schedule an appointment:

<https://nyw.acuityscheduling.com/>

Appointment Details

Date: _____ Time: _____