

# Nutrition Counseling Services at the Hamilton Rec Center

Session Type	CMU Students	CMU Faculty & Staff Members	Faculty/Staff Non-Members, Family, Alumni, Golden Scholar and MavClub Members
<b>45-Minute Consultation</b>	\$45.00	\$55.00	\$70.00
<b>30-Minute Follow-up Appointment</b>	\$30.00	\$35.00	\$40.00

**Nutrition Counseling Services** led by our Registered Dietician, Jess Stieler, provide you the opportunity to take a closer look at your current nutritional status. Your first appointment will begin with an in-depth discussion pertaining to your specific eating habits related to your overall health (food intake, exercise, sleep, etc.). A dietary recall will also be completed.

**Follow-up appointments will begin by checking up on the changes that were recommended and making any necessary adjustments.**

Rates are applicable to the individual *redeeming* the service. A current membership is required to receive the discounted membership rate.

All appointments must be pre-paid. Cash, check, and credit card are acceptable methods of payment. All services are non-refundable.

Please review our 24-Hour Cancellation Policy.

To schedule your appointment and for additional information, please call 970-248-1234 or E-mail [hrcnutrition@coloradomesa.edu](mailto:hrcnutrition@coloradomesa.edu).

<http://www.coloradomesa.edu/rec-center/wellness/nutrition.ht>

## Campus Recreation – Wellness Service 24-Hour Cancellation Policy

Cancellation & Late Arrival Phone Number: 970-248-1592 (HRC front desk)

\*Please store this number where it will be convenient for you if you need it.\*

### **ABOUT THE 24 HOUR CANCELLATION POLICY:**

Clients will not be charged for a cancellation if it is made more than 24 hours in advance of the scheduled appointment time.

### **REASON FOR THIS POLICY:**

Notifying our staff of your intention to cancel or reschedule 24-hours in advance gives us an opportunity to schedule someone else for that time slot. This is important because others may be on a waiting list or may also be looking for an opportunity to reschedule for a different time. As much advance notice as possible is always appreciated. Our part-time wellness staff is here in the building on an appointment basis only!

**IF YOU CANCEL YOUR APPOINTMENT WITH LESS THAN 24 HOURS NOTICE, YOU WILL FORFEIT YOUR PRE-PAID APPOINTMENT WITH NO REFUND.** Clients who simply do not show up for a scheduled appointment will forfeit their pre-paid appointment spot and no refund will be issued. This cancellation policy is standard and will be strictly enforced. On occasion, there will be understandable reasons for missing appointments, but exceptions to this policy will be rare.

### **Arriving late *with* notification:**

Clients who notify our front desk staff even a few minutes ahead of time by calling the listed phone number will have their appointment spot held and will have the time which remains in that hour. As long as the client arrives within the scheduled hour, they will not be required to forfeit their missed appointment.

### **Arriving late *without* notification:**

HRC Wellness Staff will wait for clients for 15 minutes beyond their scheduled appointment time after which they will assume the client is not showing to the pre-scheduled appointment. In such a case, the client will forfeit their appointment and no refund will be issued.

If you have questions about this cancellation policy, please contact the Manager of Wellness/Fitness at 970-248-1234.

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