



Nafissa Cisse Egbuonye, Ph.D., MPH
Director of Public Health

Date _____

Dear _____

It was great to talk with you today. Based on our preliminary discussion I have enclosed information on managing cholesterol and a cookbook for healthy food.

I also wanted to share that all local Hy-Vee stores will take a customer on a free tour to learn about healthy foods when shopping. This is by appointment but it is FREE and is very worth the time it takes.

As a People's Clinic patient, you also have a wonderful resource in Terrie Boring, the nutritionist at the clinic. She is wonderful!

Thank you for your time. I will call in the next couple weeks to see if these materials are helpful, and if I can send anything else.

Sincerely,

Gabbi DeWitt
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