



Healthy Diets with Dr. Joye Willcox

Dr. Willcox is available for appointments each month at The Pineville Club.

She'll measure your body fat percentage to recommend a healthy weight goal and develop a personalized menu plan that meets your health and wellness goals. Her services are usually covered by your health insurance.

Joye Willcox, Ph.D., RD, LDN, owner of Healthy Diets, Inc., is a registered member of the American Dietetic Association with extensive experience in weight management and other areas of clinical nutrition. She completed a doctorate in Nutrition at North Carolina State University in 2002, doing original research in the area of dietary antioxidants. Dr. Willcox serves as Treasurer of the NC Board of Dietetics/Nutrition and is a Commander in the Navy Reserves. She "walks the talk" when it comes to eating well and staying fit and is passionate about helping others do the same!

Check the Monthly Activities Calendar for which day Dr. Willcox will be available for appointments. For more information or to schedule an appointment, contact the Front Desk at 919-553-1984 or email Jeanne@FlowersPlantation.com.

We hope you'll take advantage of this great opportunity!

