



Unlock Your Potential with Medical Nutrition Therapy

Are you ready to take control of your health? Unlock your potential with help from Dietitian Mayra Olivares, MS, RDN, LD, at **South Texas Health System® Clinics Nutritional Health & Wellness**. Mayra Olivares specializes in providing medical nutritional counseling services. She sees patients of all ages.

Services available include:

- Personalized Medical Nutritional Counseling
- Obesity Management
- Diabetes Education
- Kidney Disease Management
- Cardiovascular Nutrition
- GI Health Optimization
- Hypertension Management
- Nutritional Deficiency Correction
- Pediatric & Adult Nutrition Counseling

With a philosophy rooted in evidence-based practice and personalized care, Mayra is committed to helping guide you on your journey to optimal health. She is fluent in both English and Spanish.



Mayra Olivares, MS, RDN, LD

For more information on Nutritional Health & Wellness services, call **956-515-2233** to schedule your appointment today!


**South Texas Health System Clinics
Nutritional Health & Wellness**

4001 S. Sugar Rd. | Suite B | Edinburg, TX 78539

Accepting New Patients | Walk-Ins Welcome

Services may require a written referral from a physician or NPP (PA/NP/CNS)

*Accepts Medicare, Medicaid and most medical insurance plans
We also accept private pay and self-referrals.*

**SOUTH TEXAS
HEALTH SYSTEM**

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sthsclinics.com