

OUTDOOR/PUBLIC NUTRITION COUNSELING SESSIONS

We offer a variety of in-person sessions in outdoor and public settings.

Why meet outside or in public?

It provides a greater connection to the natural world and our environment which has been shown to improve well-being.



DARTMOUTH PARK

822 Dartmouth Street
Orlando, FL 32804

Shaded park in quiet neighborhood. Free street parking available.



BLUE JACKET PARK

2501 General Rees Avenue
Orlando, FL 32814

Large open park with several shade trees. Free parking.

PANERA BREAD

329 N. Park Avenue
Winter Park, FL 32789

Café with indoor and outdoor seating. Parking available on 4th & 5th levels of Park Place Garage.



WINTER PARK LIBRARY

1052 West Morse Blvd.
Winter Park, FL 32789

Beautiful public library with private study rooms. Free parking.

Have another place in mind? Feel free to share it with your dietitian.