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Synergy Health & Wellness Welcomes Diabetes Education Expert to AADE Accredited Diabetes Program Team

Bend, OR----Synergy Health & Wellness has expanded a significant aspect of its nutrition and diabetes services with the addition of Rita Shearer, RN, CDE to their team. Rita brings over 25 years of experience as a Certified Diabetes Educator and Insulin Pump trainer in both the outpatient and inpatient hospital setting. In addition to continuing as a well known and long standing supporter of the Type 1 Community of Central Oregon, Rita will also serve people with Type 2 and Gestational diabetes at Synergy. Synergy's AADE Accredited Diabetes program team now includes 4 Registered Dietitian Nutritionists, 1 CDE RN and offers both individual and group training sessions. This addition to the practice makes Synergy the largest private clinic in Central Oregon to serve those with diabetes. This specialty is one of several that Synergy is known for, while the clinic also treats gastrointestinal and kidney disorders, hypertension, eating disorders, body image, and weight concerns. Rita joins the clinical staff of four RDNs including RanDee Anshutz, Abby Douglas, Lindsey Kelly, and Natasha Dempsey.

Says Anshutz, "Blood sugars in particular respond very well to our therapies. Our nonjudgmental treatment model embraces a Health at Every Size® and Body Trust® approach that meets clients where they are and empowers them to tap into their own inherent wisdom while we improve blood sugars, energy levels, medication understanding and adherence, and total quality of life. With our unique approach, many who have tried various other methods find the support and success they have been seeking."

Synergy will continue to provide massage therapy in conjunction with its nutrition counseling and educational offerings at its original location, 361 NE Franklin Avenue, Building C, in Bend. Some of Synergy's most popular programs include WalkStrong, a 12-week training program, group classes such as *Healing Body Trust*®, and private shopping and cooking instruction. Synergy accepts insurance for most services provided. For more information about Synergy Health & Wellness, please visit the website at www.synergyhealthbend.com or call 541.323-3488.

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