

CONTACT: Chelsea Calicott, 541.410-4162  
chelsea.callicott@hotmail.com

**SYNERGY HEALTH & WELLNESS BECOMES AREA'S LARGEST INDEPENDENTLY OWNED AND OPERATED PROVIDER OF NUTRITION THERAPIES AND DIABETES EDUCATION PROGRAMS WITH CLINIC ACQUISITION**

Bend, OR---Synergy Health & Wellness has expanded a significant aspect of its nutrition practice with the acquisition of Central Oregon Nutrition Consultants, a local company which offered nutrition therapies and an AADE accredited diabetes self management program to patients throughout Central Oregon for the last 11 years. While the purchase is official on May 11<sup>th</sup>, Synergy has been preparing for the additional client load for some time, having added one additional Registered Dietitian Nutritionist (RDN) to complete its team of three, and opening a second office location at The Point Building on Simpson, where High Lakes Health Care and other medical practices are located. Adding the AADE accredited program to the practice makes Synergy the largest privately owned clinic in Central Oregon to serve those with diabetes. This specialty is one of several that Synergy is known for, which also includes its work with gastrointestinal and kidney disorders, hypertension, eating disorders, body image and weight concerns. The clinical staff of 3 RDNs includes RanDee Anshutz, Abby Douglas, and Lindsey Kelly; together they bring over 20 years of expertise in healthcare.

Says Anshutz, "Diabetes in particular responds very well to our nutrition therapies. Our nonjudgmental treatment model embraces a Healthy 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, and total quality of life. With our unique approach, many who have tried various other nutrition programs find the support and success they have been seeking."

Synergy was founded in 1999 (under name Premier Massage Therapy) by RanDee Anshutz, a licensed massage therapist, who shortly thereafter sought to expand her practice into nutrition. She received her degree in clinical nutrition in 2009, and since that time has worked at Synergy with her own clients and on staff at St Charles Health System. Anshutz recently left St. Charles to focus on expanding Synergy's services, especially the nutrition therapies that she is very passionate about.

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, classes such as Intuitive Eating for Better Blood Sugars or Mindfulness and Food, 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](http://www.synergyhealthbend.com), or call 541.323-3488.