

# Connie S. Ostap RD, LDN

## Individualized Nutritional Counseling



A personalized wellness plan is the best  
investment of time and energy!

Maximize your personal nutrition to treat or  
prevent health issues.

Achieve wellness in your life and the lives of  
those you love.

**Call to schedule an appointment!**

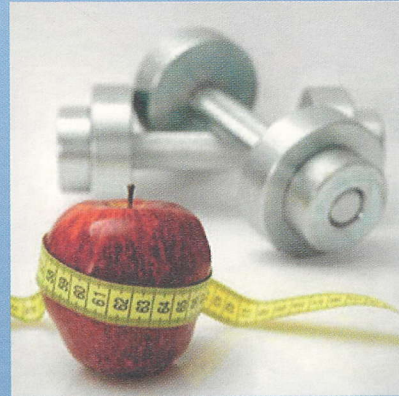
**610-306-6271**

**connie@csonutrition.com**

In-network provider for  
Blue Cross / Highmark & Aetna



**Connie S. Ostap RD, LDN**  
NUTRITION & WELLNESS



- Personalized Nutritional Counseling
- General Nutrition/Wellness
- Weight Management for all ages
- Pre-natal/Post-natal/Menopause
- Pre-diabetes Counseling
- Elevated Cholesterol/Cardiac Nutrition
- Food Allergies/Intolerances/GI issues

Office located in Empower Physical Therapy  
470 John Young Way  
Exton PA 19341

**610-306-6271**

csonutrition.com  
Email: connie@csonutrition.com