

Nucor, Meet **JENNIFER CARTER** SYMBOL HEALTH COACH



Jennifer Carter, RD is a licensed, registered dietitian with over 16 years of experience across Alabama, Texas and Tennessee. She has helped countless patients achieve their personal health goals through one-on-one counsel that results in enhanced physical and mental performance.

Emphasizing strategies that incorporate functional foods, fun exercises, and realistic behavioral change, Jennifer will work hard to help you manage heart disease, diabetes, weight, and improve overall quality of life. Her coaching with Symbol Health Solutions extends beyond nutrition into whole lifestyle plans that will help you feel more energetic, look better, and be healthier.

Whether helping you quit smoking, manage stress levels, or get a better night's sleep, Jennifer's coaching empowers Nucor to take practical steps toward changing habits without feeling overwhelmed. Jennifer is passionate about her family, living the values that she teaches, and helping Symbol Health Management Program participants achieve total wellness.

Visit Jennifer during Health Coaching hours at the **Symbol CareClinic**

3525 Richard Arrington Jr Blvd North
Birmingham, AL 35234

205.705.3180
www.symbolhealth.com

jcarter@symbolhealth.com
nucor@symbolhealth.com

GENERAL CLINIC HOURS

Monday/Wednesday

12 – 7 p.m.

Tuesday/Thursday

7 a.m. - 2 p.m.

Friday

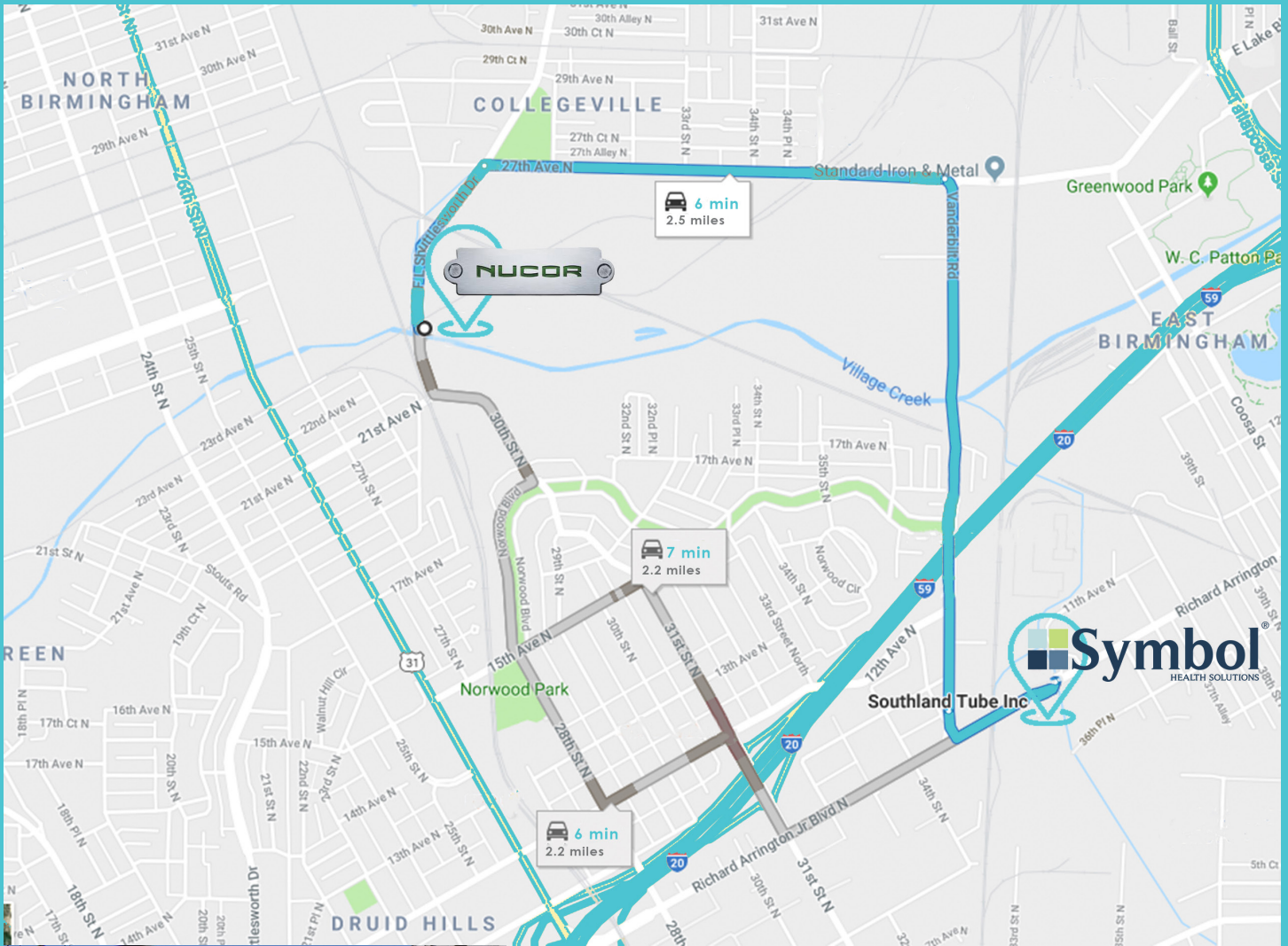
8 a.m. - 12 p.m.

HEALTH COACHING HOURS

Thursdays & Fridays

8 a.m. - 5 p.m.





DIRECTIONS FROM NUCOR STEEL BIRMINGHAM

- Head north on F L Shuttlesworth Dr/Huntsville Rd toward 29th St N
- Turn right onto 27th Ave N
- Turn right onto Vanderbilt Rd
- Turn left onto Richard Arrington Jr Blvd N
- Sharp right onto 36th Alley
- Give your name and Symbol CareClinic appointment time to the front gate attendants
- Destination will be on the right near the center of the parking lot area:

**3525 Richard Arrington Jr Blvd N
Birmingham, AL 35234**