

Get to know

SONYA HRDINA

SYMBOL HEALTH COACH

Sonya Hrdina, RD, LD is a registered, licensed dietitian with a passion for eating real food and maintaining a balanced lifestyle.

She knows that balance means:

- good nutrition
- regular physical activity
- getting enough sleep at night
- managing stress
- meaningful time with family and friends

Sonya's joy and excitement for life is obvious and contagious. Her deepest desire is to guide you through the individualized approach you need to heal your body and live. Sonya completed her undergraduate degree in Family & Consumer Science with concentration in nutrition/dietetic at Jacksonville University and completed her internship at University of Alabama at Birmingham.

Whether helping you quit smoking, manage your weight or control your blood pressure, Sonya's coaching empowers Mitchell Grocery employees and their family members to take practical steps toward changing habits without feeling overwhelmed. Make your cost-free appointment with Sonya to start your journey toward lasting wellness.



**Visit Sonya by appointment at the Symbol CareClinic or
virtually at a Remote Coaching Station near you**

701 Railroad Ave.
Albertville, AL 35951

256.878.4190
www.symbolhealth.com

shrdina@symbolhealth.com
MitchellGrocery@symbolhealth.com

HEALTH COACHING HOURS

Monday - Thursday
8 a.m. - 5 p.m.

