

**UNM STUDENT HEALTH AND COUNSELING (SHAC)**

UNM, Building 73, MSC06 3870, ABQ, NM 87131

**Contact:** 505.277.3136

**Website:** <http://shac.unm.edu/>

**Hours:** Vary by Semester (*Must schedule appointment*).

**SHAC Summer Hours** (check website for exact dates):  
Monday-Thursday 8am-5pm & Friday 9am-5pm

**Appointment Type:** Private Only

**Initial Consultation Fee:** \$15 (*45 minutes*)

**Follow-up Consultation Fee:** \$10 (*30 minutes*)

**RD DIETICIANS ABQ, LLC**

5203 Juan Tabo Blvd NE, Albuquerque, NM 87121

**Contact:** 505.273.2754

**Website:** [www.dieticiansABQ.com](http://www.dieticiansABQ.com)

**Hours:** Monday-Friday 8am-5pm

**Appointment type:** Private or Group

**Initial Consultation Fee:** \$105

**Follow-up Consultation Fee:** \$84

*Insurance is accepted with necessary provider referral*

**BREAK-A-WAY FITNESS AND NUTRITION, LLC**

Becky Freeman, RD, Certified Specialist in Sports Dietetics

**Contact:** 505.350.2451 (leave detailed message)

**Email:** [Break-A-WayFN@live.com](mailto:Break-A-WayFN@live.com)

**Website:** <http://www.coachbecky.com>

**Hours:** Vary (*Must schedule appointment*).

**Appointment Type:** Private Only

**Initial Consultation Cost:** \$175 (*1 hour*)

- 3-7 day Food Log required before initial session

**Follow-up Consultation Cost:** \$65 (*1 hour*)

**GLOBAL NUTRITION SERVICE**

4425 Juan Tabo Blvd NE, Ste 140, ABQ, NM 87111

**Contact:** 505.332.8070

**Website:** <http://gnsdietitians.com/>

**Hours:** Monday-Thursday 9am-5pm

Friday 9 am- 2pm (*Must schedule appointment*).

**Appointment Type:** Private Only

**Initial Consultation Cost:** \$80+ tax (*1-1<sup>1/2</sup> hours*)

**Follow-up Consultation Cost:** \$53 (*1 hour*)

**NEW LIFE NEW BODY-HEALTH COUNSELING**

Lois Harvie, Holistic Health Counselor

**Contact:** 505.450.5593

**Website:** <http://newlifewebody.com>

**Hours:** Monday-Friday 9am-6pm (*Must schedule appointment*).

**Appointment Type:** Online, Skype & Telephone

**Initial Consultation Cost:** \$50+ tax

- Sliding scale available for students

**Follow-up Consultation Cost:**

- 2 sessions: \$120
- 6 sessions: \$350
- 12 sessions: \$700

**EAT WELL, LIVE WELL, BE WELL**

Shelley Rael, MS, RD

**Contact:** 505.379.0258

**Website:** <http://shelleyrael.com>

**E-mail:** [SRaelRD@aol.com](mailto:SRaelRD@aol.com)

**Appointment Hours:** Vary (*Must schedule appointment*).

**Appointment Type:** Private Only

- Virtual services - phone, email, Skype,
- In-person

**Initial Consultation Cost:** \$75-\$125

**Follow-up Consultation Cost:** Varies (*packages available*)

ALL LISTED PRICES ARE SUBJECT TO CHANGE. CONTACT EACH LOCATION DIRECTLY FOR CURRENT PRICING.