

Registered Dietitian

Health Coaching

Take charge of your health with personalized coaching services.

Complimentary
coaching services
available for:

- Diabetes
- Prediabetes
- Weight Loss (BMI>30)
- High Blood Pressure
- High Cholesterol

Available Tuesday & Thursday
8:30 am - 4:30 pm

To schedule, send an e-mail to
nutritionsupport@pcsb.org.



Gabrielle Belcastro

Registered Dietitian Nutritionist



Available to PCS employees & spouses on the Aetna medical plan