



**DIABETES**

**MEDICALLY SUPERVISED  
WEIGHT LOSS**

**FITNESS PROGRAMS**

## NH Integrated Health Care

What does “integrated health care” mean? Integrated health care is when more than one licensed credentialed health care provider, who provide diverse therapies, work out of one space. This allows the client to have ready access to programs or services that will help them reach their optimal health!

At NH Integrated Health Care, we specialize in diabetes, and obesity. Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight and over 30 is obese.

NH Integrated Healthcare (formerly Integrated Optimal Health) has been a health care provider since August 2010. We are based out of Conway, NH and our health care providers are Dustin Forrest, APRN, CDE, our prescriber, who specializes in diabetes and medically supervised weight loss and Marie Veselsky, RD, LD, MS, CDE, BC-ADM who specializes in diabetes and in medical nutritional therapy for all ages.



**NH Integrated Healthcare**

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# NH Integrated Health Care



**CHOICE CENTER FOR DIABETES**

**CHOICE CENTER FOR FITNESS**

**CHOICE CENTER FOR NUTRITIONAL THERAPY**

**CENTRAL NH WEIGHT LOSS CENTER**

**DUSTIN FORREST,**

Family Nurse Practitioner, APRN, CDE

**MARIE L. VESELSKY,**

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*Covered by most insurance*

