Nutrition Made Easy

Staying Active

Life Style Focus

Serving Berkshire County & Beyond

Operation Better Start's
NUTRITION BY DESIGN

Operation Better Start
BERKSHIRE HEALTH SYSTEMS, INC.

Family Nutrition, Health & Fitness

For more information:

Hillcrest Campus of BMC
165 Tor Court Pittsfield, MA 01201
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F. 413.445.9326

Fairview Hospital
29 Lewis Ave Great Barrington, MA 01230
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berkshirehealthsystems.org
Who Do We See?

Clients from birth to young adult and their families with a variety of concerns including but not limited to: food allergies, digestive disorders, eating disorders, growth failure, insulin resistance, pre-diabetes, diabetes, asthma, high cholesterol, weight management, sports nutrition and hypertension.

What is the cost?

There are NO out-of-pocket costs to you. We work with ALL insurance companies and Berkshire Health Systems to ensure there are NO FEES or COPAYS.

Our Team of Experts

We bring together all areas of expertise to design a customized plan for you. Our professional team, of over 150 years combined experience, uses scientific based approaches to achieve health goals. Our professional certifications and licensures are nationally accredited and include:

- Board Certification in Family Practice
- Board Certification in Sports Medicine
  - Family Nurse Practitioner
  - Registered Nurses
- Registered and Licensed Dietitians
- Certified Asthma Educators
- Certified Chronic Disease Management Instructor
- Certified Personal Trainers and Fitness Instructors
- Certified Resista-Ball Stability Ball Instructor
- Certified Yoga Instructor
- IFPA Certification in Sports Nutrition

Community Involvement

Together with you, we live and work in the same community.

We are proud of our collaborations with:

- Pittsfield Public Schools
- BMC Dental Sealant Program
- Berkshire County Head Start
  - Berkshire North WIC
- Pittsfield Family YMCA
- Pittsfield Community Television
- Local Health and Wellness Committees