



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NOURISH

## NUTRITION COACHING AT THE Y

Nutrition is often overlooked when trying to live a healthier lifestyle. Let our skilled, certified nutrition coaches guide you in making healthier choices with your diet.

- ✓ Custom plans focused on your preferences and goals
- ✓ Weekly sessions with different focuses
- ✓ Tools, tips, and accountability

COST  
MEMBERS \$160  
COMMUNITY \$200



[statelineymca.org/nourish](http://statelineymca.org/nourish)