



# NOURISH YOUR BODY

## Nutrition Coaching

Interested in learning more about sustainable nutrition and get help with your goals? We are now offering nutrition coaching with Cortnee, Certified Integrative Coach. There will be weekly session each focused on different aspects of healthy eating and healthy lifestyle!

To get started today—contact:  
Cortnee at [cdusing@statelineymca.org](mailto:cdusing@statelineymca.org)