

# NOURISH



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## NUTRITION COACHING AT THE Y

Nutrition is often overlooked when trying to live a healthier lifestyle. Let our skilled, certified nutrition specialists guide you in making healthier choices with your diet. Whether you are just taking a harder look at your nutrition or if you've tried everything; let us help you get on track!

**Nutrition 101: Want help making healthier food and gain knowledge behind how important nutrition is? Work with one of our Certified Nutrition Specialist! All sessions are 30 minutes.**

8 sessions- \$160

**7-Day Food Journal Analysis - Meet one-on-one with nutrition specialist to discuss dietary changes you could make towards a healthier lifestyle.**

Member: \$60

**A La Carte Hour - Work one-on-one with one of our Certified Nutrition Specialist to discuss topics of interest for you. Topics could include reducing blood pressure through diet, macro-based eating, plant based nutrition, etc.**

Member: \$60

## GET STARTED WITH A CONSULTATION!

Contact Cortnee at [cmcreynolds@statelineymca.org](mailto:cmcreynolds@statelineymca.org) or 608-365-2261



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