

New Year **NEW YOU!**

SETTING YOURSELF UP FOR SUCCESS



Many people struggle with weight issues, diseases, and other health problems that impair their ability to enjoy life. But what some don't realize is that your health can significantly improve by just changing your diet and eating habits.

Let us teach you about nutrition and how to become a healthier YOU!

One-Hour Nutrition Assessment and Education

Members: \$70 | Non-members: \$80

Hypertension | Cardiac Disease | Pre-Diabetes | Gastrointestinal Disorders | Enteral Feedings
Oncology | Weight Gain | Weight Loss | Pediatrics | Sports Nutrition

Personalized Six-Session Weight Management Program

Members: \$300 | Non-members: \$330

Nutrition Assessment | Meal Planning | Healthy Eating on the Go | Mindful Eating

Family Nutrition Program

Members: \$100 | Non-members: \$120

Family Assessment | Meal Planning | Healthy Eating on the Go | Label Reading

3 Personal Training Sessions & 1 One-Hour Nutrition Evaluation

Members & Non-members: \$170

To schedule an appointment with, Leslie Goudarzi, Licensed Registered Dietitian, call 903.239.1551.