



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EAT BETTER, FEEL BETTER, BE THE BEST YOU!

The **YMCA Nutrition Counseling Program** helps adults find a healthier way of eating that's right for them. Together, the dietitian and client will:

- Assess current nutritional status, and discuss desired health and lifestyle outcomes
- Design a personalized nutrition care plan that is aligned with needs and wants
- Collaborate on S.M.A.R.T. goals for changing behaviors and building habits
- Select evidence-based information, tools, strategies, and support for each step of the journey



Caroline Schmalz, Community Dietitian

Nutrition counseling is available for purchase in packages of 3, 6, and 9 sessions.

To learn more about our nutrition counseling program, email caroline.schmalz@ymcadc.org.

Sessions will be conducted on the ZOOM platform.

| Number of Sessions: | Price: |
|---------------------|--------|
| 1 | \$49 |
| 3 | \$140 |
| 6 | \$280 |
| 9 | \$420 |

www.ymcadc.org