

# COOK WELL, EAT WELL

## THE YMCA OFFERS FREE NUTRITION COUNSELING FOR COOKING CLASS PARTICIPANTS!

**What is nutrition counseling?** A collaborative process between you and a Registered Dietitian to establish your food, nutrition and physical activity priorities and goals. Together, we'll create an individualized plan for YOU to promote your health and prevent disease, or manage an existing disease or condition.

### What to expect:

- A 30-minute Introductory Session for an overview of enrollment forms and Q&A.
- A 60-minute Initial Assessment Session, including
  - a conversation about desired health and lifestyle outcomes,
  - a review of completed questionnaire and food logs,
  - a set of recommendations for a personalized nutrition care plan,
  - information, tools, strategies, and support for implementing that plan,
  - & collaboration on 2-3 S.M.A.R.T. goals to work towards.
- Two 60-minute Follow-up Sessions, each including
  - a conversation about knowledge, attitude, and behavior changes,
  - a review of progress toward goals, and
  - additional information, tools, strategies, and support as needed.



This program is available for anyone who has completed one full session of YMCA cooking classes. If you're interested, [please click here](#). Expect an email from Caroline Schmalz, the Y's Community Dietitian, once it is submitted. Questions? Email [health@ymcadc.org](mailto:health@ymcadc.org).