



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN TO EAT HEALTHY

HEALTH, WELL-BEING AND FITNESS Nutrition Consultation

Consult with the Victory Family YMCA registered dietitian. Discover the basics of good nutrition and how to create delicious meal plans that will help you accomplish your health and fitness goals.

Consultations offer:

- Weight loss and maintenance guidance
- Education for disease prevention and management
- Meal plan development and recipe modification
- Nutrition for optimal athletic performance

Time: 45 Min. Session by Appointment

Cost: \$30

Victory Family YMCA

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