



PERSONAL NUTRITION COUNSELING

Spa 23's Nutrition Counseling focuses on your individual dietary needs. A Registered Dietitian meets with you and assesses your health & nutrition profile. Together you set up short and long term goals creating a program specific to your needs. Follow up sessions focus on educating you and helping you achieve those goals. *Spa 23's* Registered Dietitian customizes your program to ensure that you get the results you want safely and effectively. Your sessions will last approximately 1 hour.

Nutrition Counseling is available for all age groups. If you have a nutritional need we can help you: weight loss, weight gain, adolescent eating, medical needs, sports training, and more. **Schedule your Personal Registered Dietitian Consultation today.**

SPECIAL INTRODUCTORY PRICING:

PACKAGES	MEMBERS (EACH SESSION)	NONMEMBERS (EACH SESSION)
1 SESSION	\$80*	\$90*
5 SESSIONS	\$75*	\$85*
10 SESSIONS	\$70*	\$80*

*Cancellations for sessions must be given 24 hours in advance or you will be charged. Packages consist of a 45-60 minute initial session and 1 hour follow up sessions. Please purchase your Personal Consultation and Nutrition Packages at *Spa 23's* front desk. All sessions must be used within 120 days of purchase. Additional packages available upon request.

Registered Dietitians affiliated with *Spa 23* are fully credentialed through *the Commission on Dietetic Registration* and maintain professional membership with *the American Dietetic Association*.

