



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOOD NUTRITION FOR YOU



Nutrition Coaching Program SKYLINE YMCA

Receive one-on-one Nutrition Coaching from Julie Connolly, RD and Wellness Coach at Skyline Y. For over 25 years she has been helping individuals and families achieve their nutrition goals using a holistic and realistic approach. Topics for coaching may include nutrition for optimal weight, mindful eating, quick and healthful recipes, sports nutrition and more...

- 1 Session = \$50
- 3 Sessions = \$140
- 6 Sessions = \$275

Next Steps: Complete a Nutrition Coaching Information Packet

Turn in the packet along with package payment to the Membership Desk

Julie will contact you to get started

Any Questions: Contact Brian West, Senior Program Director

At 755-4901 or brian_west@fwymca.org