

*Now
Available!*



Individualized Nutrition Counseling *ONLY* available to Health Club members!

A Shannon Registered Dietitian will be available weekly, in-person at the Health Club. Dietitians are available for:

- Analysis of current diet and recommendations for improvement
- Eating strategies to fuel training sessions and recovery
- Weight management counseling
- Personalized menus and meal planning assistance for individual results
- Education on healthier cooking or recipe modifications
- Any nutrition-related concerns you may have

*Discount rate available

*Initial 1-hour session will be \$60

For more information or to set up an appointment please contact
Carol Reyes, MCN, RDN, LD at 481.8532 or carolreyes@shannonhealth.org

