



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOU ARE WHAT YOU EAT

## Nutrition Consultation

Your nutritional needs are as individual and unique as you are! Let's find ways for your family to achieve optimal health through tasty nutrition.

### PROGRAM DETAILS

Our registered dietitian Susie Fox can help you develop a plan to:

- Use good nutrition to improve or prevent chronic conditions
- Learn about new foods and new cooking techniques
- Improve your energy level for increased endurance
- Align your food choices meet your nutritional needs
- Give you the coaching you need to create healthier habits

Facility Members Only

\$55/1 hour appointment

\$150/package of 3 appointments

Register for an appointment at the  
Member Services Desk

For more information contact Susie Fox  
at [sfox@seattleyymca.org](mailto:sfox@seattleyymca.org)  
or call 425 485 9797.



**NORTHSHORE YMCA**  
11811 NE 195th ST, Bothell WA 98011  
P 425 485 9797 F 425 486 7757 [ymcanorthshore.org](http://ymcanorthshore.org)

**Everyone is welcome. Financial assistance is available.** The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.