



FUEL YOUR HEALTH. FEED YOUR LIFE

Focus on real-life, sustainable changes—not quick fixes.
Our supportive community helps you stay motivated and confident.

YMCA NUTRITION SERVICES
AT THE YMCA, WE BELIEVE HEALTHY LIVING
STARTS WITH THE RIGHT NUTRITION

**OUR PERSONALIZED NUTRITION SERVICES HELP YOU...
BUILD SUSTAINABLE HABITS
IMPROVE ENERGY
AND REACH YOUR WELLNESS GOALS**

WHAT WE OFFER:

- PERSONALIZED NUTRITION COACHING
- HEALTHY LIFESTYLE SUPPORT
- MEAL PLANS
- FAMILY & YOUTH NUTRITION GUIDANCE

**GET STARTED TODAY
VISIT THE WELCOME CENTER
OR CALL TO SCHEDULE.**

**\$100 PER
HOUR SESSION**



CONTACT:

BLAMPING@YMCANW.ORG
715-362-9622 EXT 113
WWW.NORTHWOODSYMCA.ORG

SYDNEY RHODY

REGISTERED DIETICIAN / MASTERS IN COMMUNITY
DIETETICS

LET'S WORK TOGETHER!

