



INDIVIDUAL NUTRITION CONSULTATIONS

The average cost of an appointment with a dietitian can range from \$50 to \$200, per hour.

This semester, we will offer FREE individual nutrition consultations with all Cardinal Zumba participants. These will be directed by our registered dietitian-in-training, Monica Coffey, who will review the results of your online dietary assessment with you, make personalized suggestions based upon your food preferences, family needs, and wellness abilities, and set goals with you that will be monitored throughout the semester. We're here to become your personal nutrition coach!

NEW YEAR. NEW YOU.

MAKE CARDINAL ZUMBA YOUR WELLNESS DESTINATION!

**20 – 30 Minute
Nutrition
Consultations**

**Times and Dates
chosen BY YOU!**

**Before or After
Class. Whatever fits
your schedule!**

If you are interested, please complete the attached preference form and turn in to the front desk before leaving Zumba!

