



**GET IT RIGHT IN
2016!**

[REGISTER ONLINE](#)

MORE INFO:

info@jlbnutrition.net

917-596-3998

WOMEN'S WINTER NUTRITION GROUP

ABOUT THE PROGRAM:

[REGISTER ONLINE](#)

Each week we will have a learning topic (i.e. nutrition education, behavior techniques, goal setting) which will build on your skillset to permanently manage your diet and health. You will have minor "homework" related to the day's session and a task to do to prepare for the next session. All will share success stories and challenges and we will set individual goals for the coming week. Weight and Body Composition Assessment will be done weekly (this information is not announced to group and is completely optional).

EXPECTED RESULTS:

What you CAN 100% expect is a much better understanding of yourself, the competence to eat well in our complicated food environment, and finishing having established a clear path to achieving your health, wellness, and weight goals.

If one of your primary goals is to lose weight, one would expect to lose 1/2-3 lbs. per week. Keep in mind this is dependent on your current weight, age, hormones/health conditions, physical activity, and eating behaviors. We are all individuals



Julie Balay, MS RD CSSD is a Registered Dietitian and Certified Sports Dietitian with a Master's Degree in Clinical Nutrition from NYU. She works with clients of all ages to develop healthy eating habits that work in the real world. She's also working mom of two little men, and loves food so she lives what she teaches.

CALL 917-596-3998 or EMAIL info@jlbnutrition.net

Lose weight sensibly & permanently

End the "diet" mentality

Eat better & feel better

End overeating

Learn nutrition science basics

Be a savvy consumer

Reach health and wellness goals!

ONLY \$149

For 6 Hours with a licensed

nutritionist

(77% off one-on-one fee)

Add Metabolism

Testing for \$49!

(33% off)

Starts January 27!

JLB NUTRITION

100 Union Avenue Suite 110

Cresskill, NJ 07626

917-596-3998

www.jlbnutrition.net

WEDNESDAYS

7:00PM-8PM

1/27-3/2