



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NUTRITIONAL CONSULTANTS

**HAL WELSH EAST AREA FAMILY YMCA**

Meet with a Registered Dietician  
to learn how to improve your  
wellness by eating well.

Together, you'll develop meal  
plans to fit your lifestyle and  
your wellness goals.

Individual and family  
packages are available.



**For more information, contact Mary Beth Anderson  
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