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
manderson@syracuseymca.org or 315.692.4777 X 220
Name: ___________________________      Date: ____________
Email: ___________________________       Contact Number: ________________

___ Single Nutritional Appointment          $55/hour session
0411SINGNUT
Meet with the Registered Dietitian 1 time to begin your individual action plan.

___ Better Balanced Package                        $99.00
0411BBNUT
Meet with the Registered Dietician 3 times to plan and receive individualized action
guidelines with nutrition goals and strategies for achieving them.
1/60 minutes session and 2/30 minute sessions

___ Family Journey      $120/couple   *additional family member $33.00 each
0411FAMNUT     *0411ADDFAM
Meet with the Registered Dietician 3 times to plan a family friendly plan that will work for
the whole family. Working together to provide support and motivation to help achieve your
family goals together!
1/60 minute sessions and 2/30 minute sessions

Family Members: ____________________________________________
________________________________________________________________

___ *Additional sessions can be added to any package for $40/hour
1411ADDSESS

Nutritional sessions are for members only. 
Appointments are set up an individual basis. 
Please register with Member Services.