



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NUTRITION AT YOUR FINGERTIPS

Nutrition On-The-Go Program YMCA OF METROPOLITAN FORT WORTH

Nutrition On-The-Go is perfect for your demanding schedule. This virtual package includes unlimited access to a dietitian via email, one 45-minute phone nutrition counseling session each week, and regular feedback on your nutrition/activity log for maximum accountability and success. Enjoy the flexibility to access nutrition guidance when and where you need it.

3 Weeks:

- Members/\$75
- Non-Members/\$115

6 Weeks:

- Members/\$150
- Non-Members/\$225

For more information or to sign up, contact Ruth Murillo at rmurillo@ymcafw.org or 817-332-3281.

