

NOVEMBER NUTRITION DEALS

*Just in time for the
holiday season...*

Save on **Nutrition Services with Christine**

INTRODUCTORY OFFER: \$75 (Regular price: \$99)

This "kickstart" will help you to get moving in the right direction with healthy eating and lifestyle changes. If you feel like you might need a little more motivation and guidance, simply add follow-up sessions to your account. Includes 1-60 minute session + 2-15 minute follow-ups

save
\$24

DIETARY ANALYSIS: \$25 (Regular price: \$50)

Do you really know that you are getting everything you need from your diet to be optimally healthy? One of our nutritionists will meet with you for 30 minutes to explain the analysis, which will help to identify excesses and deficiencies and balance out your diet.

save
50%

4-ONE-HOUR SESSIONS: \$200 (Regular price \$330)

Sessions completely personalized to your needs. Use sessions for one-on-one coaching, meal planning, grocery shopping, and/or a healthy kitchen revamp.

save
\$130

*One per client. Must be purchased by November 30th. 4-one-hour sessions may not be broken up into smaller increments. Nutrition services only good with Christine.