



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Nutrition Coaching



Meet with our Nutrition Coach to discuss your current dietary habits and develop a plan to help you meet your nutritional goals. This is a great option if you're looking to fine-tune your eating habits, lose some weight, improve your sports performance, get help with health related issues such as diabetes or heart disease, or to gain insight into healthy meal planning for you and your family.

## **Nutrition Coaching:**

**Nutrition Package:** \$150 member/\$225 non-member

(1 hour initial consultation, 2 half-hour follow-ups, 1 hour wrap-up)

**One-time consultation (one hour):** \$60 member/\$75 non-member

**Follow-up session (30 minutes):** \$40 member/\$50 non-member

## **Meal Planning:**

**Initial Consultation and Planning:** \$150 member/\$225 non-member

(1 hour initial consultation with 7 days of healthy food plans, designed for your specific dietary goals, sent to you following the consultation)

**Additional Week of Meal Plans:** \$75 member/\$100 non-member

**Additional Month of Meal Plans:** \$175 member/\$250 non-member

(4 weeks of meal plans plus one additional half hour consultation)

## **Nutritionist Information:**

You can find out more information about our Nutrition Coaches, and their areas of specialty, by reading their biographies on the Lancaster Family YMCA website.

## **Registration:**

Register at the Welcome Desk or Online.

## **Contact:**

Amanda McFerren – City Center Wellness Director, [amcferren@lancasterymca.org](mailto:amcferren@lancasterymca.org)

Herbie Beckett – L-S Wellness Director, [hbeckett@lancasterymca.org](mailto:hbeckett@lancasterymca.org)

Tara Becker – YMCA at New Holland Wellness Director, [tbecker@lancasterymca.org](mailto:tbecker@lancasterymca.org)

## **LANCASTER FAMILY YMCA**

**City Center Branch**  
265 Harrisburg Avenue  
Lancaster, PA 17603  
Phone: 717-393-9622  
Fax: 717-283-1984  
[lancasterymca.org](http://lancasterymca.org)

**Lampeter-Strasburg Branch**  
800 Village Road  
Lancaster, PA 17602  
Phone: 717-464-4000  
Fax: 717-283-1988  
[lancasterymca.org](http://lancasterymca.org)

**YMCA at New Holland**  
123 North Shirk Road  
New Holland, PA 17557  
Phone: 717-354-4747  
Fax: 717-355-9943  
[lancasterymca.org](http://lancasterymca.org)

**YMCA Camp Shand**  
20 Penryn Lane, PO Box 339  
Cornwall, PA 17016  
Phone: 717-272-8001  
Fax: 717-272-2633  
[lancasterymca.org](http://lancasterymca.org)