

Holistic Nutrition Counseling

Our Holistic Nutrition Counseling offers customized solutions to improve your energy, vitality and quality of life. Our programs are based on a combination of effective goal setting, evidence-based research, individualized dietary plans and self-empowerment tools – allowing you to make the desired changes unique to your own body, lifestyle and circumstances.

If you aren't sure which consultation or program is right for you, please make an appointment for a free 15-minute consultation today.



Revitalize Your Life

- Increasing consumption of whole, unprocessed, organic foods
- Education of various gluten-free, vegan, paleo, keto, low-glycemic & non-dairy diets
- Utilizing proven techniques for managing stress
- Integrating regular exercise and mindfulness practices
- Choosing healthiest options when grocery shopping & dining out
- Incorporating healthy recipes and refining your overall diet
- Improving the quality of your sleep

Holistic Diet and Lifestyle Programs

Abundant Wellness Program 5-Week Program - \$295

This program is designed to help you develop holistic habits that will provide the tools needed to improve your health and well-being. We will assess your unique preferences and needs and create a personalized program to bring your body into optimum efficiency & balance. This program includes:

- Initial 30-minute intake and assessment
- Three follow-up one-on-one support sessions
- Dietary recommendations, meal plan & recipes
- Personal grocery store tour & shopping list
- Healthy guide to dining out with best option tips
- Guided meditations for relaxation, healing & stress reduction
- Educational resources and materials
- Email accessibility and support

21-Day Dietary Reset Program 4-Week Program - \$240

This program offers various autoimmune, anti-inflammatory, low-glycemic, gut-microbiome and cleansing/detox dietary plans designed for improving specific health concerns. Together we will explore and design the most effective nutrition, diet and lifestyle options for you to revitalize, rejuvenate and heal. This program includes:

- Initial 30-minute intake and assessment
- A 21-day whole-food, vegan, dairy-free, gluten-free, cleansing dietary plan
- Tasty recipes, meal planning and shopping lists
- Two follow-up one-on-one support sessions
- Dietary supplement options and education
- Educational resource materials
- Email accessibility and support

Nutritional Counseling Services

60-Minute Nutrition Session \$65

Our 60-minute consultation provides the groundwork regarding your present dietary goals, concerns and overall health and healing. This holistic assessment will include gathering information about your health history, sleeping habits, digestion, energy, current food intake, medications, supplementation and any other relevant information to support, modify and accomplish your healthy diet, nutrition and lifestyle goals.

30-Minute Nutrition Session \$40

Our 30-minute consultation is best suited for those who feel they are already implementing a healthy diet and lifestyle and simply need a few adjustments/refinement for optimal health, balance and maintenance.

Healthy-Options Grocery Tour \$45

Our Healthy-Options Grocery Store Tour is a 30-minute personalized tour through our local supermarket, designed to apprise you of the healthiest options to address your specific nutritional needs. It includes the following:

- Identifying optimum food choices for health, vitality and weight loss
- Learning how to read and decipher food labels and ingredient lists
- Exploring the best protein choices and healthy-fat options
- Choosing ideal commercial and organic produce options available
- Identifying low-glycemic choices and learning what foods to avoid
- Dietary supplement product options, differences and education

Benefits

Of Holistic Nutrition

The benefits of a holistic, healthy and balanced approach to diet, nutrition and lifestyle include:

- Increased vitality
- Optimal energy levels
- Improved sleep quality
- Healthy blood sugar balance
- Optimized digestive function
- Improved metabolic balance
- Enhanced brain health and function
- Strengthened immunity
- Improved gut health and bowel function
- Emotional and psychological well-being
- Healthy weight management



ASHLAND FAMILY YMCA
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Ashland, Oregon 97520
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www.ashlandymca.org

If you aren't sure which program is right for you please make an appointment for a free 15-minute consultation today.

Call Leslie directly if you want to set up a time that works for you.



Leslie J Rose, MS – Masters Level Nutritionist

541.261.0045
nutrition@ashlandymca.org

- Bachelors Degree in Education
- Masters Degree in Nutrition
- College Instructor, "Food Mood Connection"
- Corporate Wellness Programs
- 30+ years Nutritional Health Educator/ Consultant
- Author of "Instinctive Health Inspired Living"

ASHLAND FAMILY YMCA

PROFESSIONAL

NUTRITION

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY