



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## DIETETICS PROGRAM

If you want to eat a healthier diet or lose some weight, then you may want to consider using a Registered/Licensed Dietitian. A Dietitian will help educate you about the right foods, right portions, and preparation recommendations to fit your nutritional needs. He/she will work one-on-one with you to build a program that works! You can also combine the expertise of the Dietitian with the expertise of a Personal Trainer (requires separate registration) to create a combination of diet and exercise to fit your performance needs.

- Register for a Dietetics Assessment (required) at the Front Desk.
- Once you have registered, the Health & Wellness Director, or Dietitian will contact you to fully explain the program.
- If you need to cancel a scheduled session with your Dietitian, it must be done at least 24 hours in advance. Please contact your Dietitian directly, or contact the Health & Wellness Director at (330) 334-9622 or garyl@akronymca.org .
- A "no show" is considered a lost session and will not be rescheduled.

	Member	Program Member
1 hour dietetic assessment	\$40	\$55
30 min. follow-up	\$25	\$35
4-pack follow-up	\$95	\$133
8-pack follow-up	\$180	\$252
12-pack follow-up	\$255	\$357

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Required Initial Dietetics Assessment: Paid \_\_\_\_\_ MSR Initials \_\_\_\_\_

Any follow-up sessions will be determined and agreed upon by the dietitian and client at the initial assessment.

Dietetics Follow-up sessions (circle): (1)One (4)Four (8)Eight (12)Twelve Paid \_\_\_\_\_ MSR Initials \_\_\_\_\_

**WADSWORTH YMCA**  
623 School Drive  
Wadsworth, Ohio 44281  
330 334 9622

[akronymca.org](http://akronymca.org)

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.



Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Connect with us!

