

PREScott ATHLETIC CLUB | NUTRITION

1 Kingswood Drive, Prescott, AZ 86305

Healthy
Resolutions

2018

Nutrition Counseling Special!

January 1-February 28

\$40/1 hour session

Lets talk nutrition for a healthier, more vibrant you in 2018!

- Body Composition Analysis
- Weight Management
- Food Allergies/Sensitivities
- Cardiovascular Health
- Blood Sugar Regulation
- Digestive Health
- Autoimmune Support
- Meal Planning
- Mindful Eating
- General Healthy Eating



MAKE AN APPOINTMENT TODAY!

JENNIFER JAMES (JJ), MScN

928-458-9811

Nutrition Presentations & Workshops

JANUARY

28th - Food and Mood, 3-5pm. Victoria Able, *free for everyone*

FEBRUARY

11th - Nutrition and Cardiovascular Health, 3-4pm. Jennifer James, *free for everyone*.

25th - Fermentation Workshop: Sauerkraut, 3-5pm. Jennifer James, \$20.00 members. \$30.00 non-members. Limited Space Available. Call to reserve your spot: 928.227.3417

MARCH

11th - Managing Stress through Diet and Lifestyle, 3-4pm. Jennifer James, *free for everyone*.

25th - Healing Foods Presentation + Tasting Series, 3-5pm. Jennifer James, \$10.00 members, \$15.00 non-members.