

It's more than a gym; it's a lifestyle!



Nutrition Education Services

Personal Consultations

Individualized consultations to meet your needs.

Half hour - Member: \$20 | Non-member: \$30

One hour - Member: \$40 | Non-member: \$60

Health / Weight Management Series

Individual sessions to help set and meet goals and learn self assessment techniques.

One hour-long and 3 half-hour sessions

Members: \$75 (Save \$25) | Non-members: \$95 (Save \$55)

Healthy Habits: Take Charge!

Six-week weight management series for kids/teens and parents. Learn to eat healthy, move healthy and think healthy as a family.

Members or Non-members: \$99 (per family with one child)

Corporate / Group Presentations

A wide variety of lecture and presentation topics.

Call in advance for booking and pricing.

If you would like more information please contact Alana Unger, RD, Weight Management Consultant

559-624-3448

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The *Lifestyle*
Center

A division of Kaweah Delta Health Care District