



### Laura Estan, R.D., L.D.N.

As a Registered Dietitian and Licensed Nutritionist, Laura Estan specializes in a holistic approach to nutrition and wellness coaching.

During your first session, you'll provide a history of your current eating patterns, nutritional concerns, any medical issues and symptoms, supplements you take and your current lifestyle. From this information, she will provide a Nutrition Prescription to begin your personalized wellness plan. You will work together to achieve a way of eating that is realistic to your lifestyle and meets your needs. Together she'll guide you on your path to optimal wellness! Schedule your session today!

### What We Can Do For YOU!

- Personalized nutrition programs
- Real food solutions that will add spice to your life!
- Medical Nutrition therapy for chronic diseases

● **Involve the whole family in a warm, friendly environment to plan your nutritional goals!**

1 to 1 Packages	Price
<b>First Bite! Info Session</b> (15 minute session)	<b>FREE</b>
<b>1 Hour Get Started!</b>	<b>\$ 40</b>
<b>Try-A-Pack!!</b> (Two 1-hr sessions)	<b>\$ 60</b>

### Group Sessions

<b>3 People</b>	<b>\$20 each</b>
<b>4 People</b>	<b>\$15 each</b>
<b>5 People</b>	<b>\$12 each</b>

**“Allow me to be your Nutrition Coach as you continue to become the healthiest individual you can be!”**

### SERVICES PROVIDED

- ★ **Weight management**
- ★ **Plan menus**
- ★ **Update favorite recipes**
- ★ **Grocery shopping skills**
- ★ **Reading food labels**
- ★ **Control cravings**
- ★ **Medical Nutrition Therapy**
- ★ **Child & Teen Nutrition**
- ★ **Sports Nutrition**

**We are able to coordinate our approach with your YMCA Personal Trainers to meet your nutrition and exercise goals!**

### Contact Us Soon!

**Wilson-Gray YMCA Youth & Family Center  
444 Albany Avenue  
Hartford, CT 06120**

[www.ghymca.org](http://www.ghymca.org)

**860.241.9622**

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