

# NUTRITIONAL COUNSELING

Our Registered Dietitian will assess your current nutritional intake, your dietary and health needs. Together you will develop weekly meal plans that work for your lifestyle and evaluate the changes over time. **Age: 14 & over**

## MEET TARA PENTONEY



Tara earned her Bachelor of Science in Dietetics at Lipscomb University in Nashville. She returned to Chicago to further her education and completed her dietetic internship with Illinois State University and earned her RD. She is a firm believer in the mantra "Food First". "Fueling our bodies with proper nutrition leads to living out the best version of ourselves. Healthy Eating can look different to many individuals. I am driven to help others adapt healthy habits in order to find a balanced lifestyle."

## SPECIAL OFFERS

<b>ID# 36001-01</b>	<b>Nutritional Counseling</b> One hour of Nutritional Counseling	<b>\$60</b>
<b>ID# 36001-02</b>	<b>Nutritional Counseling + Personal Training</b> One hour of Nutritional Counseling + One hour of 1 on 1 Personal Training	<b>\$95</b>
<b>ID# 36001-03</b>	<b>Nutritional Counseling + Express Personal Training</b> Two hours of Nutritional Counseling + five 30 minute Express Personal Training Sessions - *includes a 10% discount on a paid in full LIFECENTER membership for new members.	<b>\$240</b>

**Online registration available**

For more information contact Alison Mielitz at 630-540-4828 | [amielitz@bartlettsparks.org](mailto:amielitz@bartlettsparks.org)



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