



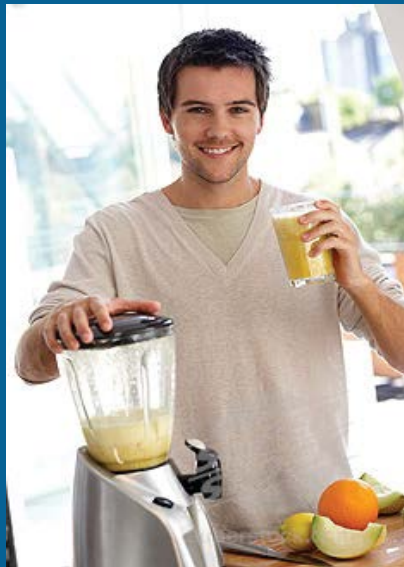
nutrition

The JCC wants to help you achieve your wellness goals.



Studies reveal that diet, combined with exercise, leads to greater success with strength, weight and other health improvement goals.

During December 2011 & January 2012, members will receive **one free 30 minute Nutrition Consultation session*** with our Registered Dietitian, valued at \$50, **with every 5 pack of 60 minute Personal Training sessions purchased.**



Learn How to CHOOSE the BEST FOODS for Your WELLNESS GOALS!

Whether your goals include:

Fat loss

Muscle gain

Lower Cholesterol

Reducing Risk for Osteoporosis

Lower Blood Pressure

Managing Diabetes & Food Allergies



For more information, contact Leah Frankel, Registered Dietitian at leahf@svjcc.org or 408.357.7476 <http://www.svjcc.org>

*30 minute Nutrition Consultation session must be redeemed by March 31, 2012.

Addison-Penzak
JCC
Silicon Valley
Levy Family Campus

