

NUTRITION COUNSELING



\$30 Kickoff Package!

30-minute appointment
+ 30-minute follow-up session

- » Review your goals
- » Set food plan
- » Discuss next steps

Appointment Costs after Kickoff Package

30-Minute Sessions/Packages

	Member	Non-Member
1 session	\$25	\$50
3 sessions	\$75	\$150
5 sessions	\$110	\$220

60-Minute Sessions/Packages

	Member	Non-Member
1 session	\$45	\$90
3 sessions	\$135	\$270
5 sessions	\$200	\$400

Nutrition Counseling Group Rates

Couples: \$70 per hour
(\$35 per person)

Trio: \$90 per hour
(\$30 per person)

Let our experts
help you
have a better
relationship
with food!



CHRIS

A Registered Dietitian with over 15 years experience including sports nutrition, gestational diabetes, geriatric nutrition, acute rehabilitation and end-of-life/hospice care.



JODI

A Registered Dietitian with 20+ years of clinical nutrition experience. Extensive knowledge in sports nutrition, weight management, heart healthy diets, diabetic diets and other clinically prescribed diets including digestive related nutritional problems.

CONTACT Erik Mann to schedule your initial appointment:
502.452.7970, erik.mann@geappliances.com
Appointments will be set within 48 business hours.

**ALL SESSIONS
WILL BE HELD
VIRTUALLY**