

FAQs

Why work with a Registered Dietitian or Nutrition Coach?

You will receive ongoing support, personalized information, amazing recipes, motivation, sample grocery lists, meal planning assistance, advice on avoiding fad diets, objective feedback and tools to avoid lifestyle diseases.

There is so much conflicting nutrition information out there, who can I trust?

We make it our business to stay up to date on nutrition health news, trends, and the latest research, making it less complicated for you.

What are the benefits of regular meetings with our RDN & Nutrition Coach?

Accountability. We will provide ongoing motivation and support as you attempt to make permanent and lifestyle-appropriate dietary changes.



What if I'm worried about giving up the foods I love to eat?

Making healthy choices doesn't mean eliminating everything. Our staff can help you make it healthy, while tasting great, with the added benefit of helping you feel your very best.



What are the long-term benefits of working with an RDN or Nutrition Coach?

An RDN or Nutrition Coach can help you manage common conditions like diabetes, high cholesterol, and high blood pressure. In addition, food and nutrition are strongly related to autoimmune conditions, infertility, problems with sleep, and anxiety - all of which a RDN & nutrition coach can help you address with the right food and nutrients.



LET'S GET STARTED! INTRO TO NUTRITION

Meet with Sara for a one-hour session plus two thirty-minute follow-up sessions, to discuss your personalized nutrition goals. Sessions allow for you to work together in forming an action plan to improve your eating habits through an appropriate and maintainable approach that can fit your lifestyle. Members: \$225.00

WANT TO ADD EXERCISE? INTRO TO NUTRITION WITH INTRO TO PERSONAL TRAINING

It's a Win-Win when including Personal Training with your nutritional goals. Meet with Sara for a one-hour session plus two thirty-minute follow-up sessions, to discuss your personalized nutritional goals.

Include training with one of our Personal Trainers for three 60-minute sessions or four 30-minute sessions. Members: \$425.00



Sara O'Brien, RDN, CDN



Sara has a passion for nutrition education and helping people achieve their health goals! She is Serve Safe Certified, a member of the Academy of Nutrition and Dietetics, and holds a certificate in Pediatric and Adolescent Weight Management through the Academy of Nutrition and Dietetics and here to help you eat healthier.

Sara is passionate about helping people achieve their health goals.

For additional information contact:
Rhoda Kasperek, 203-762-8384 ext. 282 or rkasperek@riverbrookymca.org

What our RDN can do for you:

Provide individualized nutrition plans and personalized recommendations

Provide nutrition education and counseling for disease management.

Provide advice on weight loss, diets, meal planning, and grocery shopping.

Provide accountability, support and additional resources for better success



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Rhoda Kasperek

 **203-762-8384 ext. 282**

 **rkasperek@riverbrookymca.org**

NUTRITION & HEALTHY LIVING



If you are looking for guidance on implementing healthier eating habits, working with our Registered Dietitian Nutritionist (RDN) could be just what you need to reach your health and wellness goals. RDNs are educated and trained to provide personalized nutrition plans that support your goals.

Manage conditions like:

- weight, diabetes
- high cholesterol
- high blood pressure



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