



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BALANCING A HEALTHY DIET

## FREE Youth Nutrition Consultation

YMCA Registered Dietitians will work with families to develop healthy habits through nutrition support related to meal plans, managing chronic diseases or illnesses, and achieving personal health goals as the child grows. Please contact us to schedule a free 20 minute consultation. Physician referral required.

Please send referral to Sara Glenn:  
[sglenn@firstcoastymca.org](mailto:sglenn@firstcoastymca.org)  
904.265.1804



[FirstCoastYMCA.org](http://FirstCoastYMCA.org)