



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NOURISHMENT FOR YOUR WELLNESS

## Nutrition Consultations

Nutrition consultations are appointments with a certified nutrition specialist to discover what paths need to be taken to reach your goal. We now offer these as a one-on-one session or as a family session.

### Cost:

\$45 Member

\$67.50 Potential Member

Register at any time with the member service desk.

Contact Allysse Proctor with questions at [aproctor@ymcasutmer.org](mailto:aproctor@ymcasutmer.org)



   SUMTER FAMILY YMCA 510 Miller Road Sumter, SC 29150  
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Financial Assistance is available to those who qualify through our Open Doors Scholarship program.  
Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.