



Maureen Farrell M.P.H., R.D., C.D.N., C.H.E.S.

Registered Dietitian  
Master's Level Public Health Education Specialist

I am excited to implement at the local level the National YMCA response to the nation's growing health crisis, YMCA Activate America. Achieving better health and well-being is a family and individual experience that is cultivated in communities by strengthening family relationships, providing the right environment, engaging youth, and motivating those who seek better health to make positive changes in their lifestyle. The Regional YMCA of Western CT intends to build capacity for change that promotes healthier communities that are sustained over-time and experienced at any age. In addition to integrating nutrition and wellness programming into YMCA fitness at any age, traditional nutritional counseling is now offered at the Boughton Street and Greenknoll facilities. Call 775-4444 ext. 136 and ask to speak with Maureen.

**Individualized Nutritional Counseling**

- (3) 1 hour session package: \$168.00
- (5) 1 hour session package: \$275.00
- (10) 1 hour session package: \$540.00

**Group Nutritional Counseling**

8 (1 hr) sessions:

- 4 participants in group: \$375.00 per person
- 6 participants in group: \$250.00 per person
- 8 participants in group: \$187.50 per person

**Personal Training**

*Tailor your fitness program with a certified personal trainer*

- (3) 1 hour training session: \$139.00
- (5) 1 hour training session: \$225.00
- (10) 1 hour training session: \$439.00

\* Senior Citizens 10% off

\*\* Purchase a combo package of Personal training and nutritional counseling and get 15% off entire payment.