



## MEET OUR SPECIALISTS



**AMY FERRELLI**  
Registered Dietitian

Amy has a passion for food and physiology. She received her degree in Health Science through Rutgers University. Through internships and work experiences, she has developed a knowledge of a variety of dietetic issues, such as weight loss, diabetes, cardiovascular health, and much more. With the firm belief that health is centered in mind, body, and spirit, her promise is that you will feel accepted and respected.



**KRISTINA ELLERBROCK**  
Registered Dietitian

Kristina is a registered dietitian with a bachelor's in nutrition from Bowling Green State University and is currently completing a master's program in Food Science from the University of Georgia. She is passionate about food and nutrition research, which allows her to stay up to date with current scientific findings and use these when providing customized care for individuals. Her previous experience working many years in the restaurant industry and food science knowledge also enables her to provide hands-on learning to establish confidence in the kitchen. She believes in an individualistic approach when providing nutrition care, meeting you where you are at and then providing you the necessary tools you need to achieve all your health goals.

**MICHELLE BROTHERTON**  
Nutritionist

Michelle Brotherton is a nutritionist with a passion for improving clients well being. She received her degree in Health Science through Oakland University and minored in Nutrition and Wellness. With Michelle's degree, and internship experiences in nutritional science, community wellness, and stress management, she's focused on helping clients pursue sustainable lifestyle changes to achieve their optimal health. Michelle is currently in a Masters of Dietetic program through UAB to become a Registered Dietitian.

If you're looking for motivation, accountability and support...  
**you just found it.**



# FUEL YOUR HEALTHY HABITS

## Nutrition and Dietitian Programs





## NUTRITION PROGRAM

### Available at Stowe and Warlick Family YMCA

At the Y, we care about your holistic health and we know that how you're fueling your body is just as important as how you are being physically active. We want to make the journey easier for you to maintain a healthy lifestyle and diet and our registered dietitian is available just for that.

Meet with our wellness professionals to receive personalized calorie, protein, carbohydrates, and fat needs, a suggested meal plan according to those needs, and guidance on implementing healthier eating habits. Registered dietitians are also available for disease-specific counseling (i.e. Diabetes, High Cholesterol, High Blood Pressure, Irritable Bowel Syndrome, Allergies, etc.).

### BENEFITS OF OUR NUTRITION PROGRAM

- Personalized plan for you and your body
- Improve your well-being
- Enhanced accountability and support
- Accountability and on-going motivation
- Reduce the risk of disease
- Improve mood

### WHY WORK WITH NUTRITION SPECIALIST?

You will receive on-going 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. They will devise a plan that is specific to you and your families' personal health and wellness goals.

Registered dietitians and Nutritionists can eliminate confusing and widespread nutrition recommendations and offer sound, relevant advice. They make it their business to stay up to date on nutrition and health news, trends, and research. They also have the expertise to customize dietary information and help you reach your health goals.



## PRICING AND REGISTRATION

Meet with a registered dietitian or nutritionist to receive personalized calorie, protein, carbohydrates, and fat needs, a suggested meal plan according to those needs, and guidance on implementing healthier eating habits. Registered dietitians are also available for disease-specific counseling (i.e. Diabetes, High Cholesterol, High Blood Pressure, Irritable Bowel Syndrome, Allergies, etc.).

### PRICING

12 session	\$325
6 sessions	\$200
Single session	\$75

Sessions are 30 minutes long.

### QUESTIONS OR CONCERNS?

#### STOWE FAMILY YMCA LOCATION

Contact Richard Hamilton at [rhamilton@gastonymca.org](mailto:rhamilton@gastonymca.org) with questions or for more information.

#### WARLICK FAMILY YMCA LOCATION

Contact JC Lezama at [jlezama@gastonymca.org](mailto:jlezama@gastonymca.org) with questions or for more information.



**REGISTER ONLINE TODAY AT [GASTONYMCA.ORG](http://GASTONYMCA.ORG)**