



Sara O'Brien, RD, CDN has a passion for nutrition education and helping people achieve their health goals! She is Serve Safe Certified, an active 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

Want to work with Sara?
Please contact Shelly Goldman
sgoldman@westporty.org
203-571-6035

What our RDN can do for you:

- Provide individualized nutrition plans and personalized recommendations
- Provide nutrition education and counseling for disease management
- Provide advice in weight loss, diets, meal planning, and grocery shopping
- Provide accountability, support and additional resources to better success



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NUTRITION & HEALTHY LIVING



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

Manage conditions like:

- weight, diabetes
- high cholesterol
- high blood pressure



Westport Weston Family YMCA
14 Allen Raymond Lane
Westport, Ct. 06880
203-226-8981

FAQ'S

Why work with a Registered Dietitian?

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.

What can I learn from a Registered Dietitian that I can't learn online?

Personalized nutrition: Registered Dietitians have the expertise to customize dietary information and devise a plan that is specific to you and your families' personal health and wellness goals.

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

Registered dietitians can eliminate confusing and widespread nutrition recommendations and offer sound, relevant advice. Registered Dietitians make it their business to stay up to date on nutrition and health news, trends, and research.

What's the difference between a Registered Dietitian and other nutrition specialists?

Credentials. Registered Dietitians

must be credentialed and licensed and they have completed rigorous schooling and training.

What are the benefits of regular meetings with a Registered Dietitian?

Accountability. Registered Dietitians will provide on-going 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?

Registered Dietitians know food and love food too! A dietitian can 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 a Registered Dietitian?

A Registered Dietitian helps you manage common conditions like diabetes, high cholesterol, and high blood pressure. In addition, food and nutrition are also strongly related to autoimmune conditions, infertility, problems with sleep, and anxiety... all of which a dietitian 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 nutritional goals. Sessions allow for you and Sara 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: \$199.00

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. Included training with one of our Personal Trainers for three sixty minute sessions or four 30 minute sessions.

Members: \$349.00