



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

INTERESTED IN SPEAKING WITH A NUTRITIONIST?

Kelly Brack, MS, is a nutritionist that specializes in personalized nutrition counseling. She is now offering her services at the Rose E. Schneider Family YMCA! Schedule an appointment to discuss nutrition strategies to support your health. Kelly can assist you with dietary recommendations to prevent and manage chronic disease, manage weight, and include more whole foods to address many other health concerns and support your overall well-being!



Contact the Nutritionist:

Email: kelly@lifetheorynutrition.com | Phone: (724) 900-0110

Education:

- MS, University of Bridgeport, Human Nutrition
- Certified Nutrition Specialist Candidate, Supervise Practice
- BS, University of Pittsburgh, Natural Science

Expertise:

Kelly has many years of professional experience in counseling and helping others reach their wellness goals. Several years ago, she decided to specialize in nutrition and expanded her education to include a master's degree in Human Nutrition. She gained experience providing nutrition education and counseling services while being supervised by other local clinicians before opening a private practice in 2020. Kelly enjoys working with individuals and groups to educate them on how proper nutrition supports health and prevents disease using achievable and sustainable methods.

Approach:

Kelly believes in an evidenced-based, personalized, and holistic approach to nutrition. She uses dietary approaches supported by science and understands that connecting to a person's lifestyle and personal goals is essential when providing dietary recommendations. Kelly will work with you to understand your health concerns and all factors that contribute to your health, including diet, exercise habits, stress levels, and sleep patterns. She will help you develop individualized nutrition and lifestyle strategies to help you achieve your goals.

Pricing: (Member/Non-Member)		Package Options:			
Session	Non-Package	2 sessions	4 sessions	8 sessions	12 sessions
60 min.	\$55 / \$65	N/A	\$208 / \$248 (save \$12)	\$408 / \$488 (save \$32)	\$600 / \$720 (save \$60)
45 min.	\$41.25 / \$51.25	\$75 / \$95 (Save \$7.50)	\$156 / \$196 (save \$9)	\$305 / \$385 (save \$25)	\$450 / \$570 (save \$45)
30 min.	\$27.50 / \$37.50	N/A	\$104 / \$144 (save \$6)	\$202 / \$282 (save \$18)	\$300 / \$420 (save \$30)

Questions? Contact Kathy Hensler, Healthy Living Director: khensler@bcfymca.org | 724.452.9122 x226
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