



STAFFORD HILLS CLUB



NUTRITION SERVICES

Achieving Wellness Together

Stafford Hills Club is pleased to offer a variety of nutrition services for members and non-members alike. Proper nutrition can help you achieve improved health, better manage health challenges, reach your weight or athletic goals and help you enjoy a lifestyle centered in wellness. Using these nutrition services will empower you with tools you need to succeed in eating well.

NUTRITION CONSULTS

1-Hour Private Consultation

\$125/Member \$150/Guest

60-minute meeting with our Registered Dietitian, Marisa Michael. She will gather your medical & nutrition history to assess, instruct and help you implement appropriate dietary changes to assist you in achieving your own nutrition goals. You will gain useful knowledge to help make improvements in your day-to-day life. [Multiple sessions available as needed.](#)

NUTRITION 411

Nutrition talks that take place throughout the year covering a variety of topics. Complimentary to Members.

NUTRITION WORKSHOPS

\$25/Member \$35/Guest

Fee based workshops with focused topics in a hands on, interactive format.

For more information about Nutrition Services contact Marisa Michael at MarisaM@staffordhills.com