

Tired of all the confusing diet advice out there?

- Do you want to lose or gain weight in a healthy way?
- Do you want more energy or to increase your workout performance?
- Would you like to build more muscle?
- Do you have high blood pressure, high cholesterol, or diabetes?
- Would you like some help planning a healthy menu or making healthy food choices?
- Are you afraid to eat in a restaurant because the foods are “too bad for you”?

Then let an experienced Registered Dietitian help you meet your goals right here in the Bryan Family YMCA!!

Laura Watson, MS RD LDN is a Registered Dietitian and Licensed Dietitian/Nutritionist with a Master of Science in Nutrition.

5 years experience in nutrition counseling!



Call now for your initial nutrition assessment

(980) 253-0412