

UHealthy

Learn to eat and be healthy with friends.

Designed by: Laura Cipullo, RD, CDE

UHealthy is a lifestyle program that teaches you how to eat and be healthy for the rest of life. Week by week you change your eating, activity, mindset and waistline with the support of your peers. You learn to eat all foods in moderation. Your registered dietitian will determine your nutrition needs, teach you how to count carbohydrates and balance your meals with lean proteins and healthy fats.

Attend UHealthy, once a week for at least 8 weeks to lose the dieting mentality, lose unnecessary weight and gain nutrition education that is life everlasting.

Gather eight or more friends to join your group. Call Laura Cipullo, RD, CDE to determine the time and place. UHealthy can be held at your office or the nutrition office of Laura Cipullo. LLC. A UHealthy trial is \$25.00 /45 min session per person with an 8 session minimum.

www.LauraCipulloLLC.com

917-5727137

Laura Cipullo Whole Nutrition Services. LLC