

FREE NUTRITION ASSESSMENT

Aug. 24th, 10:00am - 2:00pm | Bemiston Tower

How many CALORIES do you need per day?

How much PROTEIN do you need per day?

Whether your goal is to lose weight, gain weight, or maintain, your game plan should start with the answers to these two questions. On Aug. 24th, find out FREE with the guidance of a registered/licensed dietitian.



**To schedule your
FREE assessment:**

Call/text Jaime
314.518.4875



Jaime Rothermich
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