

FOOD for FERTILITY

Judy Simon, MS, RDN, CD, CHES, FAND
Registered Dietitian Nutritionist

Nourish your body to best support fertility.

Begin with an individualized nutrition plan, taste and learn how to prepare foods that optimize fertility, and cultivate your support system with weekly education, coaching and peer support.

DATES: Saturdays
February 1 - March 7, 2020

TIME: Class: 9 - 10:30 am
Fitness walk: 10:30- 11 am

LOCATION: Seattle Reproductive Medicine
1505 Westlake Avenue North
Seattle, Washington 98109

REGISTER: Reserve your spot by contacting
judy@mind-body-nutrition.com or
(425) 260-8783

FEES: \$195 individual consultation
\$360 class series



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