



# FOOD FOR FERTILITY™

**Judy Simon, MS, RDN**

*Registered Dietitian Nutritionist, Mind Body Nutrition, PLLC*

**Angela Thyer, MD**

*Lifestyle Medicine and Fertility, Seattle Reproductive Medicine*

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## NOURISH YOUR BODY TO BEST SUPPORT FERTILITY.

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

### CLASS DETAILS

9/25, 10/9, 10/23, 11/6 and 11/20

11:00 AM - 12:30 PM

Join us virtually from your home kitchen

### REGISTER

Contact [judy@mind-body-nutrition.com](mailto:judy@mind-body-nutrition.com) or 425-260-8783 to reserve your spot in the class and schedule your consultation.

\$195 individual consultation

\$300 5 class series

[www.mind-body-nutrition.com](http://www.mind-body-nutrition.com)