



# Nutrition and Weight Management

Is it time to focus on your diet? Do you want to combine your fitness and nutrition goals for real change? Are you looking for strategies that actually work when it comes to your food focus?

Now is the time to schedule an appointment with your Merritt Clubs Certified Health & Nutrition Coach to find real results. When it comes to your weight, we can help you make behavioral changes that are specific to your needs. If a one size fits all diet plan is not working for you, let our Wellness Team help you set goals, make changes and find the results you have been looking for.

*To schedule your session,  
please contact Sean Doyle  
at [sdoyle@merrittclubs.com](mailto:sdoyle@merrittclubs.com).*

**Pricing (30 minute session):**

**Members: \$39 per session  
Non-members: \$49 per session**

Connect with us!



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