

# MEASURABLE PROGRESS UNLIMITED SUPPORT!

# NUTRITION



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PENOBSCOT BAY YMCA

PO Box 840 • 116 Union Street

Rockport, Maine 04856

236.8201 (Direct) • 236.3375 (PBY)

Marcy Kyle - mkyle@penbayymca.org

[www.penbayymca.org](http://www.penbayymca.org)

## Marcy Kyle, RDN, LD, CDE, FAND



The Y is happy to introduce Marcy as our new Nutrition Specialist! She is a Registered Licensed Dietitian Nutritionist, Certified Diabetes Educator and Fellow of the Academy of Nutrition and Dietetics.

Marcy is now available at the Penobscot Bay YMCA to provide personalized nutrition advice and dietary care for:

- diabetes prevention
- nutrition management of diabetes
- prevention and nutrition management of heart disease
- nutrition guidance of healthy aging

Passionate about dispelling the myths surrounding nutrition, Marcy believes that cooking and eating should be enjoyed, not feared. She is also a huge believer in supporting local producers and home cooking using fresh, seasonal produce. In addition to her professional responsibilities, she is a volunteer leader serving as the Academy of Nutrition and Dietetics Speaker of the House of Delegates and Board of Directors.



## SERVICES

### Individual Nutrition Consultations

Sign up for a 60-minute session! Tell Marcy your history and any health goals you would like to achieve and she will develop your individualized nutrition plan to assure your success!

**Call the Y's Welcome Center at 236.3375 to book your appointment!**

**Cost: \$75 / one-hour session (members only)**

**\$30 / 30 minute follow-up session (members only)**

### Jump Start Your Weight Loss!

The Jump Start Program step-by-step approach first helps you become students of your own unique behaviors, develop awareness of when, how, and why your individual behaviors occur and, more importantly, how to adopt new, healthier habits. The focus is on lasting, permanent change!

### ✓ JANUARY 9 - MARCH 6

• Noon - 1:00 PM (Rockland Harbor YMCA)

• 4:30-5:30 PM (PBY - Lily Pond House)

**Series Length: 8 weeks**

**Class Max: 15 Participants**

**Series Cost\*: \$120/Members**

\*Series cost can be split into two monthly payments!



**SPACE IS LIMITED!  
Call today to register!  
236.3375**