

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

Marcy Kyle, RDN, LD, CDE, FAND



Marcy is a Registered Dietitian Nutritionist (RDN) – a food and nutrition expert who can translate the science of nutrition into practical solutions for healthy living. Marcy is available to provide medical nutrition therapy to treat chronic conditions, illnesses

or injuries. As a Certified Diabetes Educator (CDE), she possesses comprehensive knowledge of diabetes management, prediabetes, and diabetes prevention.

Phoebe Carlson, CNC



Phoebe is a Certified Nutrition & Wellness Consultant certified through American Fitness Professionals Association with a BS in Nutrition Science. She is excited to support the Healthy Living Jump Start Weight Loss participants by helping them make positive lifestyle changes

by exploring their unique habits and helping them gain skills to overcome weight loss barriers.

● HEALTHY LIVING SUPPORT GROUP

All past participants of Jump Start and Healthy Lifestyles programs welcome!

When: Every other Wednesday of each month*

Where: Penobscot Bay YMCA, Room 304

Time: 5:30 – 6:15 PM

What: Group discussion trending nutrition topics

Cost: FREE!



SERVICES

● Individual Nutrition Consultations

Sign up for a 60-minute session! Tell our Nutrition Specialist your history and any health goals you would like to achieve and she will develop an individualized nutrition plan to assure your success! There is a fee for the initial consult, with cost of follow-up based on the number of individual sessions or free group support. **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)

● Already working with a personal trainer?

Book a free nutrition consultation! Tell our Nutrition Specialist your history and any health goals you would like to achieve and she will develop your individualized nutrition plan to assure your success!

● JUMP START YOUR WEIGHT LOSS!

WINTER SESSION: JANUARY 23– MARCH 13

The Jump Start Program is a step-by-step approach that 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.

This program includes a free session with the YMCA Personal Trainers and a FREE or waved Y membership during the 8-week series and support after the program ends with our FREE Healthy Living Support Group!

● **Wednesday: Noon - 1:00 PM**
Location: Flanagan Community Center

● **Wednesday: 4:15 - 5:15 PM**
Location: Penobscot Bay YMCA, Room 304

Series Length: 8 weeks

Class Max: 15 Participants

Series Cost*: \$120/Members

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

Instructors: Marcy Kyle & Phoebe Carlson

