

Our Program Runs:
March 9th – August 31st



Nutrition Program * PERSONALIZED *

Join us for the launch of breathe's *Personalized Nutrition Program*. This pilot nutrition program has been a bucket-list program for years. Our intention is to create an ongoing opportunity for participants to steadily move toward their nutrition goals with the coaching and support of breathe's nutritionists. We invite you to become a Founding Member at our introductory price, and you'll keep that status for as long as you stay in the program!

How the Program Works:

- * First group empowerment begins Monday, March 9th, from 6:00-7:00pm.
- * All group empowerment and nutrition workshops will be held on Mondays, 6:00-7:00pm in our Pittsford location.
- * Consults with nutritionist, Ally Hoevenaar, will be held at breathe Pittsford. These consults can be scheduled through August 31, 2020 by Ally or a Retail Associate.
- * All memberships must be paid in full before the program begins in March.
- * The size of the program will be limited — sign up today!



This on-going program will launch March 2020 in alignment with National Nutrition Month and will run in six-month segments. Program will be offered at the Pittsford location only at this time. All payments are non-refundable.

Enroll in Our Program Today: 19 South Main Street in Pittsford

Call us at **585.248.9070 (ext.1)** * For more information, please visit **www.breatheyoga.com**

  @breathelivelifelifeinspired

About the Group Empowerment Sessions: These 60-minute sessions are the foundation of the Personalized Nutrition Program. Information learned in these sessions will create a framework for you to customize your personal nutrition habits and be connected to your goals and the breathe community.

Group Empowerment Topics:

- * Preventative Health
- * Holistic Health (how it's all connected)
- * Immune Health
- * Brain Health
- * Heart Health
- * Emotional Health
- * Gut Health
- * Metabolic Health
- * Cellular Health
- * Skin & Hair Health

Group Empowerment Sessions: (60-minutes from 6:00-7:00pm)

March 9th	March 23rd	April 6th	April 20th*	May 4th	May 18th	June 1st
June 15th	June 29th	July 13th	July 20th**	August 3rd	August 17th	August 31st

*Workshop with Molly : *Optimal Nutrition for Women's Health* on Monday, April 20th

**Workshop with Cyndi: *Nutrition for Brain Health* on Monday, July 20th

Program Includes:

- * 14 sessions, starting Monday, March 9th
- * One 1-hour Nutrition Consult with Ally Hoevenaar
- * One 30-minute Nutrition Follow-up with Ally Hoevenaar
- * Two Nutrition Workshops led by dietitians Cyndi Weis and Molly Ranney, MS, RD

Pricing Options:

- * **Founding Members: \$475** for 6-month program, paid in full by February 10th
- * **Regular Pricing: \$575** for 6-month program, paid in full after February 10th



Cyndi Weis

Cyndi is the founder of breathe and worked as a Registered Dietitian in private practice from 1991 until she opened breathe in 2002. Her years of experience enable her to speak from a broad foundation while making the overwhelming amounts of consumer nutrition information digestible and relevant.



Molly Ranney

Molly has been working in the field of nutrition and wellness for the past 25 years, and part of the breathe family since 2003. Her experience and focus on eating disorders, weight management, diabetes and vegetarian diets will enable you to overcome hurdles and be successful with your nutrition choices.



Ally Hoevenaar

Ally has been with the breathe family since 2018. Her experience in plant-based nutrition and digestive wellness, combined with her keen interest in intuition-based practices, will provide you with a comprehensive, holistic approach to better understand your body and realize your nutrition and health goals - mind, body, and soul.

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