

# Nutrition Rx Group

*First Time Drop In  
is FREE -  
come check it out*

COMMUNITY. ACCOUNTABILITY. SUPPORT.

The purpose of the group is to provide weekly support and accountability, create community around healthy lifestyle changes, and increase the touchpoints we have with our amazing patient population. It will be led by Functional Dietitian Lindsay Malone, RD

Join our Virtual Meeting every Friday at 12pm  
&  
gain access to an exclusive Facebook page with recipes, tips, tricks, and support



## **Pricing:**

(3 month term required at sign up)

\$49/month for Practical Healing  
Membership Patients

\$69/month for non membership patients

\$99/month for Nutrition Rx+ (includes  
access to exclusive dietitian designed and  
practitioner approved meal plans)

\$25 drop in rate for single group session

