

# Restorative Nutrition

## Introducing Our New Program!

Highly Affordable, Weekly Personal Health Coaching!

### A better life is possible!

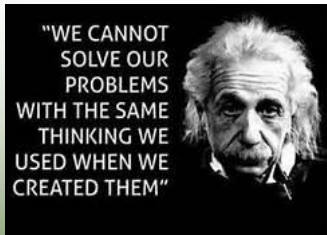
- Do you struggle with your diet or weight?
- Lacking motivation?
- Do you feel like you need more support?
- We have your answer!

### Personal Health Coaching

We have piloted the effectiveness of different models and have found that (not surprisingly) people tend to be more successful at making health and behavior change when they are supported more.

#### We now offer a new model consisting of:

- Once a month face to face visit (billed through insurance)
- Weekly telephonic or in person sessions (each 15 minutes)
- Unlimited texting/emailing with your health coach



**"I have struggled with my weight for years.**

**Working with Jill and Restorative Nutrition I**

**have lost 15#'s in 2 months. I highly recommend this program!" ~M.S, Newport, RI**

**Stop Struggling! Start Living!**

### Pricing:

- Monthly face to face visits are billed through insurance
- You pay for weekly sessions
- Two options for follow up:
- \$25 for 15 minute weekly telephonic session with unlimited texting and emailing (\$75/month)
- \$35 for 15 minute weekly in person session with unlimited texting and emailing (\$105/month)



**Jillian Ouhrabka MS, RD, LDN, CHC  
Nutrition Specialist and Health Coach**

**"I wanted to lose weight after having my daughter. Going back to work and having a 2 year old made it hard to focus on myself. Jill has helped motivate me and I could not have lost my baby weight without her support! She is so easy to work with and has a great approach!" ~Ali C, Portsmouth, RI**

**Change your life NOW!**

Email: [jill@restorativenutritionri.com](mailto:jill@restorativenutritionri.com)

Web: [www.restorativenutritionri.com](http://www.restorativenutritionri.com)

Phone: 401.529.7925