



**Nutrition services are offered by  
Joyce Giammattei, DrPH, RD, CDE**

Joyce is a highly qualified and experienced health professional. After graduating from UC Davis with a B.S. in Dietetics and Minor in Physical Education, Joyce attended Loma Linda University where she earned a Masters in Health Promotion/Education and Nutrition and a Doctorate in Preventive Care. Joyce is a registered dietitian, certified diabetes educator, certified health and fitness instructor through the American College of Sport Medicine, and certified health education specialist. She specializes in nutrition for chronic diseases (diabetes, heart disease, hypertension), child nutrition, weight loss, and fitness. Joyce is a recognized authority on nutrition and has more than 15 years experience providing nutrition services and education to both groups and individuals. Over her career she has worked with a wide range of people: from athletes to those just looking to improve their general health and fitness.

Joyce enjoys running, playing tennis, mountain biking, weight training, and scuba diving. You may even run into her working out in the gym or swimming in the pool.



Sonoma County Family YMCA  
1111 College Avenue  
Santa Rosa, CA 95404  
www.scfymca.org

# Nutrition Services

The Y is offering a variety of nutrition services to best meet the needs of you and your family.

Take this step-by-step approach to better health today!



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Sonoma County Family YMCA  
1111 College Avenue  
Santa Rosa, CA 95404  
www.scfymca.org  
(707) 545-9622

## Lunchtime Nutrition Talks

Thirty minute nutrition talks will be offered during the year at no charge for Facility Members. Topics include:

- Surviving the Holidays
- Food Safety
- Eating on the run
- All about caffeine
- Proper portion size

### **Fees:**

Facility Member	\$0
Basic Member	\$10
Non-Member	\$20

Call the 545-YMCA or visit [www.scfymca.org](http://www.scfymca.org) for a schedule of upcoming talks!

## Nutrition Analysis

Take the guessing game out of what your daily intake is by having it analyzed. You will receive written in-depth professional computer-generated analysis from a three-day dietary record.

A great service, whether you are trying to lose weight, get in top form, or anywhere in between.

### **Fees:**

Facility Member	\$35
Basic Member	\$50
Non-Member	\$65

## Initial

## Nutrition Counseling

The best way to make long-term dietary change is to work with a professional. After completing an in-depth nutrition survey, you will sit down with a registered dietitian to create a pathway to improved health.

1-hour appointments for individuals, 1 ½ - hour appointments for families.

### **Fees:**

Facility Member	\$70
Basic Member	\$75
Non-Member	\$90
2-6 family members	\$125

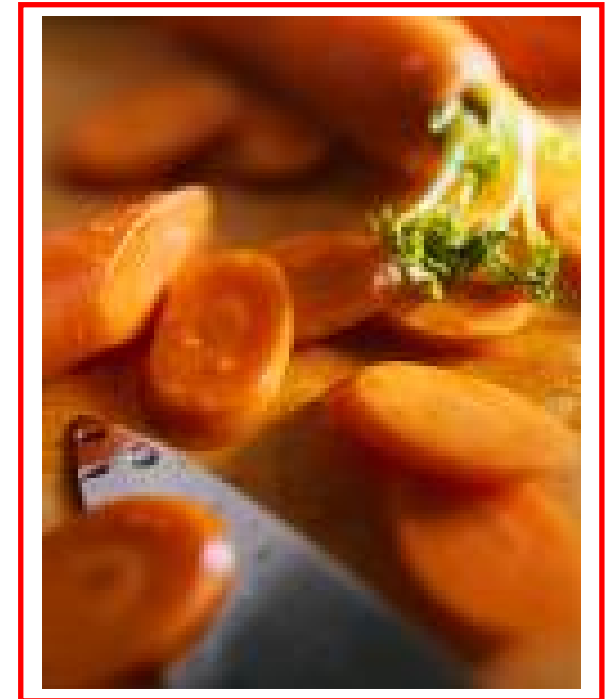
## Follow-up Counseling Appointments

Sometimes it takes more than one session to change a lifetime of behaviors. Follow-up appointments can be used to reset goals and address new barriers that develop with life changes. These are a good way to stay on track.

45-minute sessions

### **Fees:**

Facility Member	\$40
Basic Member	\$50
Non-Member	\$65



Register for all nutrition services by emailing **Joyce** at [jgiammattei@scfymca.org](mailto:jgiammattei@scfymca.org) or leave her a message at **(707) 545-YMCA, ext. 3143**