



I'm a Certified Nutrition Coach, loving mother and dedicated wife. I decided to become a nutrition coach to fulfill my passion of working with others to improve their health, happiness and well-being.

I received my training at Integrative Nutrition in New York City. In addition, I'm certified by the American Association of Drugless Practitioners and am an ISSA Certified Personal Trainer. I also lead workshops on nutrition and offer customized health and nutrition counseling to individuals and families. I look forward to leading you down the path to a healthier, happier lifestyle!

Sincerely,

Yassya Svetskaia
Certified Nutrition Coach



Yassya Svetskaia
Certified Nutrition Coach

126 Cynwyd Road
Bala Cynwyd, PA 19004
phone: 610-761-0474
email: yassya@yassya.com
www.yassya.com

Welcome to a new,
healthier you.



Health and Nutrition Coaching

Discover a new healthy, happy lifestyle.

No single diet works for everyone.

As a Certified Nutrition Coach, I am your personal advocate for living an energized and passionate life. I work with my clients to help them create happy, healthy lives in a way that is flexible, fun and free of denial and discipline. By working together, we can discover the food, fitness and lifestyle choices that best support you. Making gradual, lifelong changes enables you to reach your current and future health goals.

Welcome to your personalized nutrition program.

Your custom program will radically improve your health and happiness. Together, we'll explore concerns specific to you and your body and discover the tools you need for a lifetime of balance.

During the course of your program, you will:

- Set and accomplish goals
- Explore new foods
- Understand and reduce cravings
- Increase energy
- Feel better in your body
- Improve personal relationships

Your program includes:

- Ten one-hour sessions
- E-mail and phone support between sessions
- Handouts and other materials
- Food samples and self-care products
- One free "Ultimate Balance Cooking Workshop"

PRESENTING YASSYA'S

Ultimate Balance Cooking Workshop

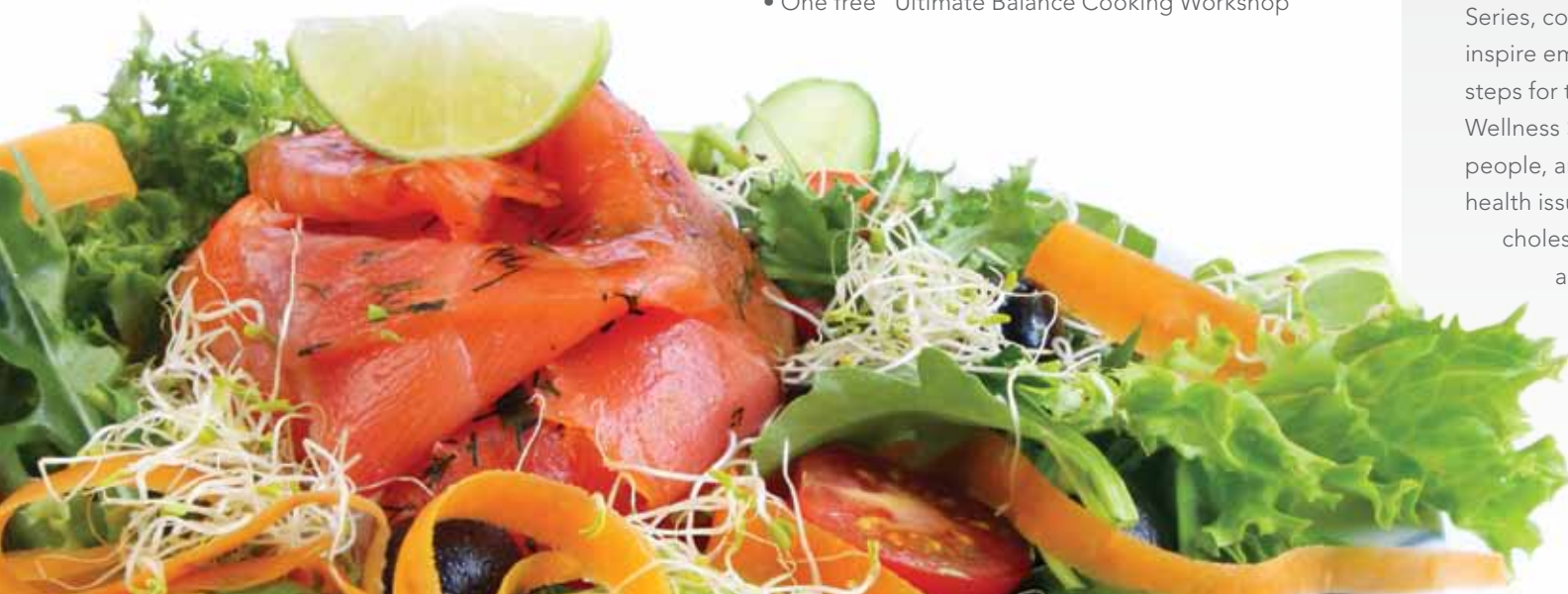
Do you think healthy cooking means boring and bland recipes? Think again! Come join me for my new Ultimate Balance Cooking Workshop and learn exciting new recipes, featuring organic ingredients and cooking techniques that are sure to awaken your taste buds and you imagination.

Whether its a perfect lunch or a dinner to impress your guests, the Ultimate Balance Cooking Workshop will teach you how to cook healthy recipes that the whole family will enjoy.

Visits yassya.com to learn more and sign up today!

Corporate Wellness Programs

I am proud to present the Corporate Wellness Series, comprised of six sessions designed to inspire employees to take significant, preventative steps for their long-term health and wellness. The Wellness Series is accessible to a wide range of people, and addressed the most common current health issues, including: low energy, stress, high cholesterol, weight loss, high blood pressure and how to incorporate healthy lifestyle choices into busy schedules.



Schedule your free health & nutrition consultation today. Call Yassya at 610-761-0474 or visit yassya.com for more information.