

A Healthy and Nutritious 2012!

Start the New Year RIGHT!

Katharine C. Verwer is a local gal who can help you achieve your weight loss goals. She can design an individualized diet plan, analyze your current diet, and weigh you on a weekly basis.

PRICING

\$365 for eight weeks

- Identify your proper weight
- Diet analysis
- Recipes specifically for you
- Weigh-in
- Learn about proper portion sizes
- Learn how to read and follow the food label
- How to choose healthy snacks

Kathy graduated May 2010 from Kansas State University with a Bachelor's of Science in Nutrition. She continued her education at Iowa State University Distance Dietetics Internship and completed her internship in June 2011. Currently, she is waiting to take and pass her Registered Dietitian examination in March 2012.

CONTACT

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MORE!!!!*