



# Good Nutrition in your Kitchen

## A Healthier You Nutrition Program for You and Your Family

Presented by the Toledo Firefighters Health Plan and the YMCA/JCC Health Promotion Department.

- Individual nutrition counseling with registered dietitian Jodi Augustyniak-  
January 11 - February 19, 2010.
- Available to TFF and their spouses.
- Schedule at your own convenience.
- Counseling at your own convenience- via phone or by appointment at  
your local YMCA/JCC.
- Call 419-725-7892 to schedule your appointment today!!