




-  Welcome
-  Nutrition Coaching
-  One on One Coaching
-  Coaching Workshops
-  Public Speaking
-  Nutrition Fair
-  My Book
-  Nutrition Bytes
-  Quiz
-  About Ramona

 Nutrition Coaching...
"because life can
get in the way of
the best intentions."



Coaching Workshops

Confront old habits and acquire new ones that you can live with and enjoy, by participating in my informal, interactive Nutrition Coaching workshops.

Many of us learn better in an environment where we can laugh and share our common issues. As your coach, my role is to facilitate building your personal Turning Points Plan in a group setting.

The Framework

Participate in this informal, interactive forum, as we build your personal plan to achieve your weight and health goals.

diet mania exposed

put popular diets under a microscope. Begin to build your personal Turning Points Plan

planning meals and snacks

put your plan into action, how much of a good thing to eat . . . and when

supermarket savvy

build a shopping list, explore the truth about labels

eating out and on the run

make the fit between menus from your favorite restaurants and your personal plan.

cope with the challenges of change

build strategies for relapses and detours

feeling healthy, making gains

bring stress busters and activity into your Turning Points Plan.

The program includes food diaries, shopping lists, meal planners and food charts

Eating well is not about denial or willpower. It is about living with choices that fit your lifestyle.

"EAT WELL, FEEL GREAT" WORKSHOPS

Schedule

Register early!
Refreshments and materials included

🍎 full day:

Date: May 25th, 2002, 10:00am - 4:00pm

Location: Delta Vancouver Airport Hotel, 3500 Cessna Drive, Richmond, BC

Cost: \$165.00 + gst

🍎 full day:

Date: April 20th, 2002, 10:00am - 4:00pm

Location: Delta Vancouver Airport Hotel, 3500 Cessna Drive, Richmond, BC

Cost: \$165.00 + gst

🍎

4 weeks, mornings: sorry, registration is now closed for this session

Date: February 28th – March 21st, Thursdays, 10:30am – noon

Location: The CookShop, City Square Mall, 3-555 West 12th Avenue, Vancouver

🍎

full day: sorry, registration is now closed for this session

Date: February 2nd 10:00 – 4:00pm

Location: Lockheed Room, Delta Vancouver Airport Hotel, 3500 Cessna Drive, Richmond

🍎

4 weeks, mornings: sorry, registration is now closed for this session

Date: January 17th – February 7th, Thursdays, 10:30am – noon

Location: The Cookshop, City Square Mall, 3-555 West 12th Avenue, Vancouver

Register Now

You can now also register by [fax](#), phone @ 604-266-5517 or e-mail (below)

Fax form requires [Adobe Acrobat Reader](#).

Yes, Register me for the following Group Coaching Workshop

Workshop :

Name :

Address :

Phone Numbers :

(work)

(home)

Fax Number :

Email Address :

Due to security reasons, we will phone you to confirm registration and payment

What is the best time to reach you?

