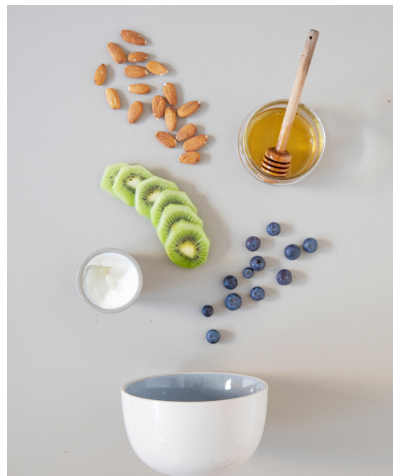




6-week Nutrition Group Program

Dr. Katrina Bogdon, ND

Part One



Week 1-2

MINDSET

Unlearn what you thought you knew about food & diets. Examine your relationship with food and the deeper levels of how you relate to what you eat. Cultivate a mindset that will help you reach your personal goals.

Week 3-4

BLOOD SUGAR

Become familiar with blood sugar regulation with options for monitoring it. Gain insight into the importance of flattening your glucose curve and realistic tips to help you succeed.

Week 5-6

FATS & INFLAMMATION

Fats are essential components in every cell in your body! Learn how to discern between fats that are healthy and fats that are inflammatory.

75 MIN SESSIONS FOR 6 WEEKS - \$240



5-week Nutrition Group Program

Dr. Katrina Bogdon, ND

Part Two

***requires completion of part one to enroll**



Week 1-2

FIBER, DIGESTION & THE
MICROBIOME

Understand the importance of fiber in your diet and how your digestive system works.

Week 3-4

NUTRIENT DENSITY
& BONE HEALTH

Learn how to approach meal time from a nutrient density perspective and also support your bone health.

Week 5

REFLECTIONS
& GOAL SETTING

Wrap up the program with reflections, insights and support for each other. You'll receive a private 1:1 consult with Katrina to review your goals and you'll get a fun gift box to celebrate your hard work!

75 MIN SESSIONS FOR 5 WEEKS - \$200



8-week Movement Group Program

Dr. Katrina Bogdon, ND

Part Three



Week 1-8

MOVEMENT

Understand the research-based recommendations for movement and exercise after a breast cancer diagnosis. Find support and accountability within a group setting as we explore creative ways to incorporate more movement into your daily life. This is ideal for people that struggle to be active and benefit from support & accountability.

Here's some of what we'll cover together:

*mindset & physical limitations
fitness guidelines & aerobic activity
balance & posture
strength & resistance
stretching & flexibility
goal setting & maintenance*

BONUSES: field trip, fitness tracking app & fitness book

SPECIAL INTRODUCTORY PRICE
60 MIN SESSIONS FOR 8 WEEKS - \$260