

I had a recent experience with the Rec Center's nutritional program that was just outstanding! I had specific questions related to a nine day kidney stone event that I had just suffered through, so I researched local nutritional program offerings. The Rec Center's offering was by far the best price (it is very underpriced), but I learned the experience was also an incredibly valuable use of my time.

I met with Sandy, who had done her homework and was very prepared. But beyond that, she took the time to listen and give additional advice throughout the conversational session. The time spent with Sandy was very helpful, and I enjoyed it.

In addition to the original reason that I'd set up the meeting with Sandy, I also had lingering questions about my overall diet, the supplements that I'm taking, and questions about specific things (like La Croix drinks, for example). If Sandy didn't know the answer(s) off the top of her head, she was able to quickly research my questions during the meeting – and give valuable feedback and guidance. She also had ideas about different food and drink additions, and combinations that will be helpful to my health and nutritional goals going forward.

I've since recommended her service to anyone who will listen! Again, the price is best value – and the service is available to both members and non-members. I'm a raving fan; the experience was a 10 out of 10!

Thank you for providing such a valuable service to the community!

Bill Teubel