

ST JUDE WELLNESS CENTER

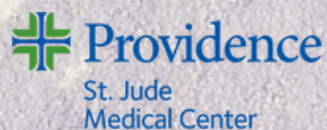
NOURISHMENT MEMBERSHIP



Start experiencing the pleasures of food! This unique monthly membership was created by our culinary and functional dietitians to guide you through nourishing recipe challenges with a group of like-minded peers. You'll learn how to connect to your body and experience how good it feels to feed your body real food.

MONTHLY MEMBERSHIP INCLUDES

- Private, monthly session with the dietitian
- Monthly recipe challenge and wellness theme
- Monthly virtual group meetup
- Access to all of our recorded cooking demos
- 10% discount on all other nourishment services
- Cost: \$75/month*



To enroll: Call 714-578-8770
or email stjudewellness@stjoe.org

St. Jude
Wellness Center