



Contact: Kathryn Schaub

FOR IMMEDIATE RELEASE

Phone #: 917-603-8498

NUTRITION MATTERS, LLC LAUNCHES TWO NEW ADULT GROUP PROGRAMS

Wyckoff, NJ, July 1, 2009 – Nutrition Matters, LLC a private consulting practice specializing in personalized nutrition solutions, has begun two new adult group programs meeting weekly for its current clients and newcomers. “Walk n’ Talk” is a program for those interested in a little exercise while keeping themselves on track with personal nutrition goals. The group will be led by one of our dietitians who will walk with and discuss any nutritional questions from the group. Our Nutrition Education and Support Group provide an opportunity for our clients and newcomers to receive extra support in their weight management efforts. The program consists of an open forum and a group nutrition education segment with one of our dietitians. Private individual weigh-ins are optional and are also included with each program.

For more information, pricing and to participate in any of our group programs please contact Kathryn Schaub at 917-603-8498 or visit www.NutritionMatters2me.com to view our full schedule of program times and dates.

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