



BEGIN
AGAIN
NUTRITION

CEO Stephanie Gomez, MS, RDN, SUDRC


2801 B St. #3093
San Diego, CA
92102-2208

60-Minute Live Nutrition Class

\$49 



Referral
Discount

60-Minute Live
Nutrition Class
\$29 

We provide nutrition counseling and **live online interactive classes** to help clients commit to their goals & improve their health! Help your clients by referring them for:

- **Healthy Eating**
 - **Healthy Living**
 - **Heart Health**
 - **Liver Health**
 - **Kidney Health**
 - **Gut Health**
 - **Food as Medicine**
 - **Getting Better Sleep**
 - **Healing Gastrointestinal Disorders (IBS, GERD, etc)**
 - **Nutraceuticals, Herbal Medicine & Supplements**
 - **Adding More Healthy Years (Longevity)**
 - **Weight Loss and Metabolism**
 - **Blood Sugar Management**
 - **Plant Based Nutrition**
 - **Building Healthy Habits**
 - **Reading Nutrition Labels**
- **Class descriptions: <https://beginagainnutrition.com/interactive-live-classes>**
 - **Class fee of \$49 per person is reduced to \$29 with your referral**
 - **OPTION: Book LIVE classes at your location for the same fee/person****

****Contact Stephanie to book LIVE in-person classes at your location**

Stephanie Gomez, MS, RDN, SUDRC
Registered Dietitian
CEO at Begin Again Nutrition

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