



# AIM for a Better Diet

## Diet Improved 5 Week Virtual Nutrition Education Class

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Join functional medicine dietitian/nutritionist Katherine Mattox for her signature 5-week nutrition education program. The 5-week program guides patients through the fundamentals of how to create a nutrition plan to enhance wellbeing, manage weight and improve symptoms of inflammation such as allergies, digestive function and joint aches and pains.

Each virtual class is taught by Katherine and will present engaging up-to-date nutritional science translated into meal ideas, recipes, cooking, and lifestyle strategies. Participants can choose to follow a guided program tailored for weight loss and reducing inflammation or choose to apply any of the action steps recommended each week to their existing eating habits.

Class participants will be encouraged to ask questions and contribute their personal stories to enhance the virtual class experience. A meal plan, weekly recipes, and additional support materials will be provided. Two 30-minute individual nutrition sessions with Katherine are included in the class price to provide individual goal-setting, troubleshooting, and personal accountability. Nutrition appointments will be scheduled through Alliance Integrative Medicine as virtual or in-office appointments scheduled anytime in October or November.

**When:** Wednesdays from 5:00-6:00 pm,  
September 30th-October 28th.

**Where:** Live Stream (also available via link for class  
participants anytime until November 30th).

**Cost:** \$250

*Register by calling 513-791-5521.*



Get Well. Be Well. Stay Well.