**Group Coaching Sessions for Individuals with IBS**

**Who is this for:**

Anyone who has been diagnosed with IBS (Irritable Bowel Syndrome)

**What this plan comes with:**

* Four 45-minute group coaching sessions discussing strategies to manage IBS.
* Face-to-face group sessions will be limited to 10 or less per group or video-chat sessions are available via Healthie™ the safe, secure HIPAA- compatible telehealth platform.
* Registration closes 3-days prior to the first group session.
* Everyone will receive their personal Nutrition Prescription tailored to their personal food, nutrition, health and lifestyle needs during Session 2 following submission of intake paperwork through Healthie™
* Three weeks of 3-day Low FODMAP meal plans, recipes, grocery list and prep guides
* Use of Healthie™ for SMART Goals setting and journaling with coaching by registered dietitian
* Sessions will cover foods and nutrition topics to be successful in managing your IBS. Topics will include:
  + What is your Nutrition Prescription?
  + What is IBS?
  + How is IBS treated?
  + What is a Low FODMAP Meal Plan?
  + Any questions you may have!
* Access to Healthie™, telehealth portal (App and/or website) to register for all group sessions
* Face-to-face appointments at the VIP Center for Business Women (3755 N. Washington Blvd., Indpls., IN 46205)

**Cost: $249**

**To sign up for an appointment, email us at nutritionbydesign@gmail.com**