

# NUTRITION & HEALTH COACHING PROGRAMS

*Keeping it balanced, simple & guilt-free*



Improve your eating habits with our resident dietitian & certified health coach, Zeina Soueidan.

Certified from Lebanon and the USA, Zeina has over 15 years of experience in the field. Her approach to health is a holistic one, where she guides you to reach your optimal nutrition status by balancing all components of emotional, mental & physical wellbeing.

SERVICES AVAILBLE MONDAYS & WEDNESDAYS  
FROM 9AM - 6PM

*for bookings, contact us at*

04 718 1715

058 5870799



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