



We're delighted to welcome:

JEN MEISTER

Holistic Nutrition Coach



...to the Steamboat Springs
Family Medicine team

Schedule an individual consultation with Jen the next time you visit us for care and learn about her 'simple clean and whole' approach to nutrition. She'll help you make the connection between nutritional and emotional wellness by:

- Practicing the basics – breathe, water, sleep, nutrition, movement, love
- Nourishing your body with nutrient-dense foods
- Rethinking SAD – the Standard American Diet

Jen's credentials include:

- Master's in Education, NYU
- Graduate, Institute of Integrative Nutrition
- Board Certified, Holistic Nutrition & Lifestyle Coach
- Founder of holistic health counseling practice, Simple Clean and Whole

**Look for Jen's
nutrition
seminars...
coming this fall.**

Steamboat Springs Family Medicine
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