



Food for Thought: Meet Our Nutrition Experts



You're invited to meet, greet and eat with Steamboat Springs Family Medicine's new nutrition advisors

Thursday, Dec. 6 at 12:30 pm @ our office

Introducing: Gray Jessiman, Nutritionist/Dietitian

Credentials:

- Certified Nutrition Therapy Practitioner, Natural Foods Chef, Autoimmune Paleo Coach, Gluten Practitioner and Yoga teacher
- Trained in the Bredesen Protocol, a program that addresses cognitive decline and the early onset of Alzheimer's
- Founder, Eat Well Age Well Nutrition in Steamboat Springs, a nutritional consulting company

Philosophy: Nutrition can be key to healthy and graceful aging, preventing cognitive decline and enhancing longevity.

At Steamboat: Gray will collaborate with our practice to offer nutritional expertise and guidance to patients.

**RSVP by calling
Steamboat Family Medicine at:
(970) 871-1323**

Introducing: Kaityln Hamilton

Credentials:

- Working toward Master's degree in Nutrition and Integrative Health
- Certified in Health and Wellness Coaching from Maryland University of Integrative Health
- 200 Hour Yoga Alliance Certified Vinyasa Yoga Instructor
- Bachelor's degree in Psychology

Philosophy: Create a balance with foods that nourish mind, body and soul.

At Steamboat: Kaitlyn will work with our physicians to provide customized nutritional counseling to patients.

**Steamboat Springs Family Medicine
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(970) 871-1323**