

**Clayton, NY, February 12, 2008** – Nicole Garnsey, MA, RD, CDE, has announced that she will hold her first *Cre8 a New You* class of the New Year. The *Cre8 a New You* class is designed to empower individuals to make healthy lifestyle changes through goal setting and accountability. The class is based on the well known “Non-Diet Approach” and includes a baseline health assessment, weekly weigh-ins, and eight 1-hour support and education sessions. The class will be held Monday evenings at 6:00 PM at the **Lyric Coffee House** in Clayton, NY. The class will begin February 25<sup>th</sup> and run through April. Class size is limited so sign up early if you are interested.

Nicole works for **Feed the Soul Nutrition, Inc.** as a registered dietitian (RD) and certified diabetes educator (CDE). Feed the Soul Nutrition is a health and nutrition education company that focuses on teaching and empowering clients to incorporate healthy behaviors, including proper nutrition and exercise, into daily life. The company’s mission is to teach others to “eat well, live well, and be well”.

Nicole works as a dietitian for individuals and their families, hospitals, long term care facilities, and various worksites. Because of her varied background, Nicole has expertise in several nutrition specialties, including diabetes, weight management, chronic kidney disease, hypertension, geriatric and prenatal nutrition. Nicole incorporates a general wellness approach that includes a variety of medical and complementary health recommendations to meet each client’s individual needs.

For more information about the upcoming *Cre8 a New You* class the end of February, please contact Nicole via phone at 315-783-6810 or via email at [kngarnsey@yahoo.com](mailto:kngarnsey@yahoo.com). Her website, [www.feedthesoul.org](http://www.feedthesoul.org), is a great resource for nutrition information, recipes and the ‘menu’ of services offered. CONTACT INFORMATION: Nicole Garnsey, MA, RD, CDE, Feed the Soul Nutrition, Inc. T: 315-783-6810 Fax: 315-686-4320  
[www.feedthesoul.org](http://www.feedthesoul.org)