



Healthy Chats



February 29TH

9:00 - 11:00AM

Come and talk to Michele about eating to feel your best. How food choices impact autoimmune conditions and GI issues. Learn how food sensitivity testing can be instrumental in individualizing a nutrition plan.



Michele Peters, MS, RDN, IFNCP

Michele Peters is a Registered Dietitian Nutritionist certified in Integrative and Functional Nutrition. She received her Master's Degree in Nutrition from New York Medical College and is a graduate of The Culinary Institute of America. Michele partners with her clients in developing a holistic integrative approach for achieving their goals and optimal wellness.

(732) 292-4462 • MicheleP@theatlanticclub.com



RED BANK



Healthy Chats



February 24th

6:00 - 8:00 PM

Come and meet our Registered Dietitian Nutritionist Annie Zappulla, and learn about eating to feel your best. Get some healthy tips and tricks for eating well, and try one of our RDN approved healthy snacks!



Annie Zappulla, RDN

Is a Registered Dietitian Nutritionist who received her Bachelor of Science degree and Minor in Health from West Chester University in Pennsylvania. She completed her dietetic internship through Aramark in Maryland. Annie has also recently completed a certification to be an Integrative Nutrition Health Coach.



MANASQUAN



Healthy Chats



February 27TH

9:00 - 11:00AM

Come and meet our Registered Dietitian Nutritionist Robin Lynch, and learn about eating to feel your best. Get some healthy tips and tricks for eating well, and try one of our RDN approved healthy snacks!



Robin Lynch, RDN

Robin Lynch is a Registered Dietitian Nutritionist with a Level I and II Certificate of Training in Adult Weight Loss Management. She received her Bachelor's Degree of Science in Health Sciences and completed her Dietetic Internship at the University of Medicine and Dentistry of New Jersey. She brings her passion for health and wellness to The Atlantic Club team through personal nutrition and workshops.

(732) 450-4418 • RobinL@theatlanticclub.com



MANASQUAN