



## **Suphala**

*For holistic nutrition and wellness care solutions!*

Dear Friends,  
Warm greetings of Ganesh Utsav!

Currently we are too well-informed about health, diet and exercise through various channels of communications, we are loaded with information and do's and don'ts. However the challenge is how to make best use of this information practically. In order to help us take right health decisions, food choices & exercise regimens. Majority of the information that we come across is generic in nature and requires customization as per individual needs.

At Suphala we help you to make a healthier You! A complete comprehensive personalised end to end health and nutrition solutions to make a healthier and happier You! We at Suphala strongly believe that "A healthy mind harnesses healthy heart!" and hence we cater to people from all walks of life, Senior citizens, women, men, youth, teens, and kids to create a happy, healthy life in a way that is flexible, fun, and free of denial and discipline.

We guide you, in sessions that can take place either in person or over the phone, to find the food and lifestyle choices that best support your requirements. In short do you want to see yourself in pink of health?

If your answer is YES please visit us at the address mentioned below or log on to the website [www.suphalacare.com](http://www.suphalacare.com)

### **Address:**

Dr. Suguna Sapre  
Nutrition and Wellness Coach  
B3 Ananda Apartment,  
Opp Diwakar Global Hospital,  
II cross, I main, JP Nagar II phase,  
Bangalore 560078  
Contact – 9538895062, 9916806697  
E mail: [info@suphalacare.com](mailto:info@suphalacare.com)

PS: Consultations strictly by appointments over phone. If you are on treatment or on any medications for any disease or disorder please do bring in your latest medical records for reference.

### **About the Coach: Dr. Suguna Sapre**

M.Sc. (Community Health & Nutrition), PhD (Quality of Life- Nephrology)



Dr .Sapre is trained nutritionist and has over a decades experience in counseling and quality of life research studies in patients with chronic diseases / disorders. She has exhaustive experience in Nutrition consultation for Diabetes Mellitus, Renal diseases, Hypertension and Cardiac diseases. She has worked as PhD Scholar at Nizam's Institute of Medical Sciences apart from various jobs @ CARE India: community managed nutrition projects, and as manager and research associate for several multinational Pharma and Nutraceutical companies for nutrition based and drug based clinical research projects. She has published several scientific publications to her credit. She is an extremely passionate person when it comes to food science and preventive health care. Her conscious efforts have been to cook without fire and to bring in the best of food and nutrition on the platter.

**Services and Offerings:**

<b>Initial Nutrition Evaluation and Assessment</b>	<b>1 hour 15 minutes</b>	<b>500.00</b>
Follow-Up Nutrition Counseling Session	40 minutes	200.00
Phone Counseling Sessions	40 minutes	250.00
Nutrition Skills Group	10 weeks/ 1 ½ hour sessions	1500.00
Fitness Assessment Group	10 weeks/ 1 ½ hour sessions	1000.00
Mindful Eating Group	8 weeks/ 1 ½ hour sessions	2000.00
Community Meal Advisory	3 Course Menu	500.00
Corporate Nutrition Advisory and workshops	Monthly basis	10,000
Cooking Demos and Mindful eating Workshops for working couples	2 hours' workshop for 4 weeks ( 1session/week)	500.00 per session/head
Book Club Discussion Group	**This is a community event and there is no charge for attending	
I Can Cook -Workshop for Kids	**This is a community event; cost is solely based on project chosen at the School location, and no profit is collected by Nutrition Counselling Centre.	



**Suphala: Holistic Nutrition and Wellness Care Solutions**