



Eat Well Move Well Think Well®



*Our **customized clinical nutrition program** will help you create optimal health & well-being and help you transform your relationship with food once and for all. Whether you are trying to eliminate cravings, increase your energy, lose weight, stabilize your mood, prevent or reverse dis-ease, make sense of your supplements, or just want to eat more fruits and veggies, a customized clinical, nutritional exam and consultation can be a **new beginning for you and your family.***

Nutrition & Wellness Therapy Packages

Eat Well 6-Session Package: \$350 (Prepay \$325)

- Complete Nutritional Exam
- One 1-Hour Session
- Five 30-Minute Sessions

Eat Well, Move Well, Think Well 8-Session Package: \$500 (Prepay: \$450)

- Complete Nutritional Exam
- One 1-Hour Nutrition Session
- Two 30-Minute Nutrition Sessions
- Three 1-Hour Personal Training Sessions with Kellie
- Two Yoga/Meditation Relaxation Sessions with Angelo

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www.TheFamilyWellnessCenter.com

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