

Spring / Summer 2017

**Find your best health this  
spring season by changing  
your eating habits!**



**Put yourself first, learn to eat well, and stay motivated so that you can achieve:**

- An increase in your energy levels
- A better immune system
- Natural weight loss
- Stronger mental health



**The program costs \$125.00 and includes :**

- 1 session of 1 hour
- 3 sessions of 20 minutes each
- 1 session per week for 1 month (first consultation in person and follow-ups by Skype or telephone)
- naturopathy insurance receipt available



**Starting May 1<sup>st</sup>**

- Flexible schedule
- Personalized program adapted to your needs
- Based on natural whole foods and a healthy lifestyle

Pour plus d'informations veuillez contacter Sarah Khatri au  
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