

WHAT WE OFFER:

IS WEIGHT LOSS PART OF YOUR PLAN TO GET HEALTHY?

- 12 week program with start dates in February and March, and follow-up at 4 & 6 months
- High level of support from all three practitioners
- Weekly e-newsletters to provide motivation and information, as well as participant feedback
- Option of individual or group sessions available for the emotional component of the program
- Individualized nutrition and exercise programs, including regular contact with practitioners
- A comprehensive program run by three people who believe that with the right support at the right time, anything is possible!

If you would like to lose weight safely and create a lifestyle to help maintain your weight loss in the long term, we have a program for you!!

Our program addresses the **dietary, exercise** and **emotional** components of weight loss, to help maximize the likelihood of your success both during the program and beyond.



Patricia de Salazar (Holistic Nutritionist & Iridologist): “As a Holistic Nutritionist I am able to determine the nutritional imbalances in your body's chemistry and also obtain a complete picture of your physical and mental health through an Iridology Analysis. These results allow me to establish the best type of foods needed by your body to rebalance. Once your metabolism starts performing at its best, you will be harvesting the benefits to achieve better health.”



Denise Maki (Kinesiologist/Personal Trainer): “My role is to provide a 3 step fitness plan. The first step is an initial fitness assessment that will determine your current level of fitness. The second step is to develop an exercise program that incorporates the results of the fitness assessment and your interests and personal fitness goals. The third step is to continue to monitor the progress of the exercise program to ensure that the goals are met and you are exercising safely and effectively.”



Bette Nuss (Emotional Freedom Techniques Practitioner): “My role will be to use supportive counselling and the energy-based Emotional Freedom Techniques (EFT) to help increase your awareness and facilitate healing pertaining to: links between emotions and food; fears related to trying to lose weight; feelings that can be associated with being overweight, including guilt, shame, sadness and anger; beliefs we have around weight and our ability to be healthy. We will also address the processes of change and learn how to maintain motivation over the long term.”

Come to a free information session to find out more!

Where: 885 Regent St., Suite 102 (3rd Floor)

Time: 7:00-8:30 pm

Dates: Tuesday

Thursday

February 18

March 4

March 9

Please visit www.eftnow.ca for more information

Please direct all program inquiries to:

Bette Nuss

EFT Practitioner

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As seen in
Alive + Fit
Northern Ontario's
Wellness Magazine