

# BE YOUR BEST SELF!

Healthy Lifestyle & Weight Management Program

*Have you experienced any of the following?*

- Difficulty losing weight
- Stress
- Low energy
- High blood pressure
- High cholesterol
- Anxiety/Depression
- Diabetes
- Fatigue

## Our program can help you:

- 1) Lose weight
- 2) Feel more energetic
- 3) Improve your health
- 4) Get group support for your goals

Mondays: 6 - 8 p.m.

14 weeks (new patients) ~ \$199\* + tax  
11 weeks (current patients) ~ \$99\* + tax

**ROBERT SCHAD NATUROPATHIC CLINIC**  
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[www.rsnc.ca](http://www.rsnc.ca)