

# Making Yourself a Better You.



Imagine what your health would look like if you lost weight and were able to have more energy,

Imagine what your life would be like if you could lower your blood pressure, help improve your sugar level and lower your cholesterol level enough that your MD allowed you to get off your prescription medication?



## Living Your Best Life!

Let Our Optimal Health Coach guide you toward a healthy lifestyle by increasing awareness, assist in setting and reaching, attainable and realistic goals that will enrich your life and shape your body. Our program will help you find the motivation and accountability you need to start or stick with a diet or exercise program.

This customized program is designed to challenge you into making healthy decisions for a healthier you!

Call today for more information 252-908-3043.



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M-F 8:30a-6p; Sat 8:30a-1p

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