

## **NEW PROGRAMS**

# **Mindful Eating & Weight Loss Management**

w/ certified nutritionist Brigitta Jansen

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**Start your wellness journey today!**

### **PROGRAM DETAILS:**

**3 AND 6 MONTH PROGRAMS AVAILABLE**

**OPEN ENROLLMENT**

**1-1 CHECK IN MEETINGS WEEKLY (MONDAYS)**

**WEEKLY GROUP MEETINGS TO SHARE RECIPES & SUPPORT**

**ONE ANOTHER (TUESDAY EVENINGS)**

**NUTRITIONIST RECOMMENDED SUPPLEMENTS AVAILABLE FOR  
PURCHASE**

**COST: 3M \$850 6M \$1600 OR INSURANCE COPAY**

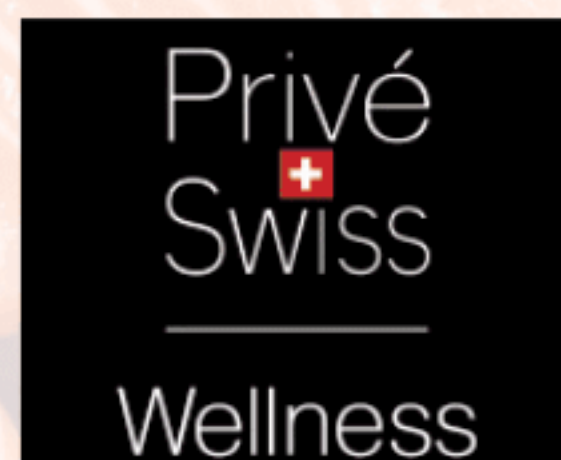
**INSURANCES ACCEPTED: AETNA, ANTHEM BLUE CROSS,  
CIGNA, UNITED**

**2X 15 MINUTE SAUNA SESSIONS PER MONTH**

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**OPEN HOUSE  
INFO SESSION  
WEDNESDAY  
MARCH 22ND 2023  
5:30PM-7:30PM**

**DISCOUNTS FOR CASH  
PREPAYMENT TONIGHT ONLY  
COMPLIMENTARY 15 MINUTE  
CHAIR MASSAGES AND  
REFRESHMENTS!**



Privé-Swiss Wellness Spa  
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