

**Health Insights Inc. Services...*

- ❖ **Personalized Nutrition Lifestyle Programs**
- ❖ **Family – Health Eating Programs**
- ❖ **Personalized Weight loss lifestyle Programs**
- ❖ **Group weight loss lifestyle programs**
- ❖ **Sports Program for the active adult and child**
- ❖ **Special Diets**
 - Food allergy menu plan
 - Lifestyle programs for high blood pressure
 - High cholesterol & Diabetic menu plans
 - Programs for individual with IBS
- ❖ **Access to the “Healthy Pursuits” quarterly e-newsletter**
- ❖ **Complimentary “Invest In Health Series” lunch and learn workshops- held every 2nd month**

Call our main office for more information –519- 821-4335
** (see our Brochure for other services not listed)*

**Fall Special receive 10% off all our services*

** special ends Sept 30th. 2008*

