

Harmony Health Vitality

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Harmony Health Vitality is a unique comprehensive approach to Weight Loss. The program is provided by a blended team of health Care Professionals who will help you achieve your desired weight loss by combining the Medical-Nutritional, the Behavioral and the Fitness-Exercise program.

The program focuses on the physical, nutritional, emotional-behavioral and exercise elements which in combination will help you achieve your optimum results. Harmony Health Vitality will assist you to reach your optimum goal through a combination of education, incorporating life style changes with the uses of hypnosis, practical skills and support in the areas of nutrition, exercise, time and stress management, body knowledge and self awareness. Change is understood as a complex process, one which Harmony- Vitality-Health will facilitate for each individual with experience and care.

Invitation: You are invited to a complimentary, no cost presentation of:

Topic: The Harmony Health Vitality Weight Loss Program

Date: June 26, 2010

Place: The Mustang Library Located at: 10101 N. 90th St. Scottsdale, AZ 85258

Time: 2:00-3:30 PM

RSVP: Please call by June 23, 2010 to reserve your place. Bring a friend along, if you wish.

Call: [480-767-0956](tel:480-767-0956) to reserve your place for this presentation.