



it's all about balance

Struggling with your weight?

Your friends may say, "So what's new -- join the club!"

Now you can join a better club –THE BALANCE CLUB!

HOW DOES IT WORK?

**Initial consultation with nutritionist,
Kay Spears, MS, CCN -- \$150**

- Complete customized food program
- BIA analysis (body fat screen)
- Lab tests if needed for food allergies or medical issues (paid by member)
- Supplement analysis
- Food log and exercise recommendations

Balance Club membership --\$49/mo. for as long as you want to make sure you're successful and achieve your goals.

- Weekly appointment with nutrition counselor
- One free BIA analysis per month
- Support email messages
- Online forum with club members for more support

ALSO AVAILABLE AT BALANCED HEALTH wellness center:

- Counselors specializing in life transformation, emotional, trauma, or addiction recovery
- Massage therapist

**CONTACT US TODAY
to
FIND YOUR BALANCE
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Nutritionist

Stephanie Ecke, LPC, LCDC
Life Transformation Counselor
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