

Begin your journey...
with your 3 week Nutrition Package.
Personalized to your needs.

Want to prevent or treat chronic health conditions, achieve a healthier weight or simply live a healthier lifestyle? This plan allows you to explore and achieve your goals.

Week 1: Plant the seed (60 Minutes)

- Comprehensive Nutrition Assessment
- Nutrition Toolbox
- Personalized Plan

Week 2: Nourish (30 Minutes)

- Building Session
- Progress Report
- Burning Questions

Week 3: Grow (30 Minutes)

- Final Follow Up Session
- Continue Evaluation & Support
- Create Long-Term Plan for Sustainable Success

There is no perfect diet,
but there is a better way.

Nutrition Starter Package

Dietitian **Pavan Johal, RD**

Total Therapy Metrotown



First 10 participants

\$195 ^{+gst}
per package*

*25% off the regular price of \$260+gst!

Price after first 10 participants is \$229+gst. Offer ends July 15, 2015.

Call 604.620.9700 to reserve your spot today!

 **TotalTherapy.ca**
Metrotown