



## 2014 Winter Wellness Package

Invest in your health and vitality this winter and receive the guidance and support of four collaborating wellness professionals for 20% off their regular rates!

### Receive guidelines for:

- Winter Detoxification
- Pain Relief
- Immune Support
- Healthy Weight Management
- Personal Wellness Goal Support

### This wellness package includes the following:

- Naturopathic Consultation, 90 minutes
- Nutrition Consultation, 90 minutes
- Acupuncture Session, 90 minutes
- Infrared Saunas, three 30 minute sessions
- Collaboration and communication with four wellness practitioners to provide you comprehensive health care

*All practitioner appointments take place and may be scheduled through Portland Family Health. Infrared Sauna visits are scheduled and taken through R3 Health. Details on backside.*

**Cost of Package: \$320 (\$400 Value)**