

# Community On-Site Health Classes

**\*Stop Smoking**– In just 5 days you can quit. “A program that works!” Safe, supportive, natural, and no gimmicks.

**\*Weight Management:** Don't go on a “Diet”, try lifestyle changes that will shed your pounds permanently.

**\*Diabetes II Seminar:** Diabetes is a choice. We will help you make healthy choices to be well.

**\*Hands-on Cooking Class:** Learn to make recipes that will prevent or correct many common health problems. Food tastes great and easy to prepare.

**\*Natural Remedies Seminar:** Training in hydrotherapy techniques, herbal preparations and other home remedies to help prevent and relieve health problems

## Two Month Health Program

- \* 7 appointments with Consultant
- \* Informative Syllabus
- \* Educational DVD's on a lend program
- \* Phone questions welcomed
- \* Hands-on cooking classes
- \* Exercise program with exercise equipment
- \* Massage and hydrotherapy treatments half price (limit 1 per week)

# Live-in Health Program

*Come & enjoy 5 days of personalized natural health care in a structured environment. Which includes: Health Lectures, Consultations, Hydrotherapy, Cooking Classes, Exercise & Spiritual Encouragement. This program has benefited people with diabetes, heart disease, obesity, stress, smoking, and more...*



*The Secret of our program is it's effectiveness and simplicity. Our goal is to help you achieve a balanced lifestyle that leads to optimal health!*



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# Wellness Secrets



## A Total Health Center

*Meeting the physical,  
mental and spiritual needs  
of all people.*

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*Do you have diabetes, high blood pressure, high cholesterol, arthritis? Do you struggle with depression, stress, anxiety? Are you seeking to overcome habits & addictions? Would you like a new start in life?*

*Wellness Secrets  
is 4 U!!*

# Wellness Secrets Deli

Come and Enjoy our peaceful,  
relaxing environment!



*Dine In or  
Carry Out!*

Take advantage of  
our reading room while you enjoy a tasty  
sandwich or our signature smoothies.

*Inspirational  
Books*



Your choice:

- \*Delicious, Vegan Ice Cream
- \*Refreshing, Signature Smoothies
- \*Satisfying, Scrumptious Sandwiches



Best of all...

Our Nutritious food  
is high in Fiber and  
Anti-oxidants, plus  
it's cholesterol and  
MSG free!

# Wellness Health Food Store

Offers organic, natural foods  
at affordable prices!



We carry delicious breads, other frozen,  
baked, ready to eat items, dried fruits, nuts,  
whole grains, **organic & gluten-free**  
products, a variety of herbs, salves,  
tinctures and much more.

**Our inventory is constantly growing!**



Books, CD's & DVD's are also available  
to help you achieve vibrant physical,  
mental & spiritual health not only for  
yourself but also  
for your family  
& friends too!



# Healing Secrets With Hydrotherapy & other Natural Remedies

Discover the  
benefits of natural,  
simple & effective  
healthcare!



We offer  
**Hydrotherapy and  
other Natural Remedies  
of your choice--**

- \* Contrast Shower
- \* Whirlpool
- \* Fever Bath
- \* Fomentations
- \* Salt Rub
- \* Paraffin Bath



- \* Steam bath
- \* Poultices

**And  
More...**

*Affordable  
&  
Effective*

