

New



Pathway4Health

Nutrition. Wellness. Balance. Community.

6 Week 1:1 Weight Management Program

\$169 Fee Includes

****Promo price \$149 by signing up prior to Oct. 31*

Initial Health Consultation & Assessment

Beginning & End Measurements

Body Composition Analysis

Weekly Health Check-ins & Weigh-ins

Wellness Education & Guidance

Support, Motivation, Feedback & Accountability

BRENDA PINT, AFPA CERTIFIED HEALTH COACH

Brenda Pint is a certified health coach. Brenda educates clients on the importance of healthy habits and behaviors to promote health and prevent disease. Brenda assists clients in reaching their weight and nutritional goals for a healthy lifestyle and designs meal plans that are uniquely tailored and focused on optimal nutrition.

To register please call the front desk at 952-758-1753
410 Central Avenue North, New Prague, MN 56071