



INTEGRATED OPTIMAL HEALTH
www.integratedoptimalhealth.com
choicecenterfordiabetes.com

Choice Center for Diabetes & Weight Loss – AADE Accredited Diabetes Center

Choice Center for Medical Nutrition Therapy (MNT) – Licensed Registered Dietitians, Certified Diabetes Educators

Choice Center for Movement – all classes provided by experienced licensed/certified/accredited university degree instructors

Times Available below. Must RSVP for all programs! 603-770-4856. 45 Washington Street, Conway, NH 03818

The focus of our programs is to get back to the basics through a combination of education on the “right diet” for you, individualized exercise, weight loss programs, accountability, support and other lifestyle change programs to help people reach their “Optimal Health!”

Movement Camp– Core Strength, Small Weights, Balance, Low Impact Movement and Stress Reduction.

Level 1 Tuesday & Thursday @ 7:00 pm

Level 2 Monday, Tuesday, Thursday @ 5:30 pm.

Yoga -

(Relax and Unwind-Gentle Yoga; Vinnitsa Yoga)

Monday, Tuesday, Wednesday, Thursday. Friday -

6:00 am & 9:00 am

Wednesdays 5:30 pm

Tuesday & Thursday 7:00pm

Sunday 6:00 pm

Intro to Meditation – Saturdays @ 9:00 am

Massage -

Special Introductory Offer of \$65.00/hour

By appointment only!

Personal Training– Hands on attention to form. Provides accountability & special attention to individualized goals! Weights, Running, Aerobic as desired.

Individualized Carb # for Weight Loss – & Individual Diabetes Education and Support

Everyone has an individualized carb # for weight loss – Education, Weigh-in, Measurements, and Accountability.

Medical Nutrition Therapy (MNT) covered by most insurance.

Monthly Programs –

Diabetes Self-Management Education Classes (DSME)

1st & 3rd Monday every month @ 7:00 pm

1st & 3rd Tuesday every month @ 12:00 noon & 4:00 pm

1st & 3rd Saturday every month @ 9:00 am. **Diabetes Self-Management is covered through DSME referral!**

