



INTEGRATED OPTIMAL HEALTH

www.integratedoptimalhealth.com • www.choicecenterfordiabetes.com

Choice Center for Diabetes & Weight Loss – AADE Accredited Diabetes Center
Choice Center for Medical Nutrition Therapy (MNT) – Registered Dietitians, Diabetes Educators
Choice Center for Movement – all classes provided by experienced licensed/certified instructors

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 at 4:00 pm

Level 2/Advanced- Monday, Tuesday, Thursday at 5:30 pm

Yoga- Relax and Unwind-Gentle Yoga; Vinnitsa Yoga

Monday, Tuesday, Wednesday, Thursday, Friday at 7:00 am & 9:00 am;

Wednesdays at 5:30pm & 6:45pm

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.*

Health Coaching with Reiki - *Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Call for an individual appointment.*

Individualized Carb # for Weight Loss – & Individual Diabetes Education

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 at 7:00 pm

1st & 3rd Tuesday every month at 12:00 noon

1st & 3rd Saturday every month at 9:00 am.

DSME has been proven to lower your HgA1c

Weight Loss Support Group

1st Tuesday of every month at 4:00pm and 7:00pm. FREE!

Diabetes Self-Management Education is covered by most insurance!

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