

# Jaconello

HEALTH CENTRE

FOR NUTRITIONAL AND PREVENTIVE MEDICINE

## New Year's Resolutions Workshop "Effective ways for your healthy heart"

Come to a  
**FREE WORKSHOP**

that will help you on your way to achieve  
**your New Year's Health Resolutions**

*Workshop consists of*

- free BIA test (body composition)\* for attendees
- learn about the results of the test and how to use them
- design a personal program fitting your goals
- implement the program in your daily routine
- retest in 4 weeks to see how the program is working
- learn how to prepare healthy delicious recipes
- a regular \$250 workshop value for free

**Date:** February 15, 2012 at 6:30 pm (about 2 hours long)

**Place:** 615 Yonge Street, 6th floor

**Please confirm your attendance by phone or email**

\* BIA - Bioelectrical Impedance Analysis or Bioimpedance Analysis is a method of assessing your "body composition" - the measurement of body fat in relation to lean body mass. It is a critical assessment tool for your current state of health. With BIA results the personalized dietary plan, nutritional supplements and exercise can be recommended to help you support optimal health and well-being.

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