

ADVANCED WELLNESS CENTRE

A World of Wellness Under One Roof!

*CHIROPRACTIC • ACUPUNCTURE • PHYSICAL THERAPY • FITNESS
HYPNOTHERAPY • MASSAGE • NUTRITION & WEIGHT LOSS*

Advanced Wellness Centre focuses on healing and wellness while promoting the individual's quality of life. Our comprehensive approach involves many offerings: fitness, nutrition, chiropractic, physical therapy, acupuncture, massage therapy and clinical hypnosis.

Every program is designed to work independently or together when necessary with one goal in mind: to restore your body to full function in a way that relieves existing problems, prevents future ones and gives you the feeling of well-being and vibrant health!

So if you are recovering from an accident or injury, or if you'd just like to feel healthier or younger, please call Advanced Wellness Centre today 804-673-WELL (9355). You will feel much better for it.

SMART START TO WELLNESS & WEIGHT LOSS

Advanced Wellness Centre's **Smart Start to Wellness & Weight Loss program** is designed to give you a smart start towards a better quality of life.

Utilizing the latest in wellness and weight loss science, our program combines evidence-based research on nutrition, fitness, lifestyle, and relaxation techniques to create your very own personalized therapeutic lifestyle change program – allowing you to achieve maximum benefits in the shortest amount of time!

- LOSE WEIGHT
- FEEL GREAT
- INCREASE ENERGY
- LOOK YOUR BEST

**Get Your
Smart Start
for only
\$198!**

Call Today! 804-673-WELL (9355)

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