



The JH Wellness **Sweet Apple Special** includes Sweet Apple weekly group meetings + 1 monthly Bio-Survey.

Our technology enables us to perform a Bio-Survey of your body which allows us to evaluate the stress of each of your body's systems, identify the underlying cause of stress in each of these systems, and pinpoint the exact remedies which will bring your body back into balance. Learn more about our bio-feedback on our website: www.jhwellness.com, click on 'Our Technology' page.

We offer a variety of group times so you can select the one that works best for you.

- Tuesday from 9am - 10am
- Tuesday from 12pm - 1pm
- Thursday from 9am - 10am
- Thursday from 6:30pm - 7:30pm
- Saturday from 10am - 11am



For more information or to join one of our Sweet Apple groups, please send an email to info@jhwellness.com

One of the things that we have found time and time again is that clients run into emotional issues or old behavior patterns that they struggle with when setting out to achieve a healthy lifestyle. Our weekly Sweet Apple meetings will offer each individual the opportunity to discuss their successes and challenges that they are facing. With weekly sharing and monthly Bio-Surveys you will have the tools to be educated, empowered and stay on track! Begin living well today.

