

## PPC Wellness Program “A Healthy Approach to Weight Management”

The goal of our Wellness Program is to address all the individual factors that contribute to a healthy lifestyle. We use weight management principles that work to achieve results while nourishing your well being. Part of what makes our wellness program unique is the use of technology for real-time feedback. Using technology as a tool, you can assess whether your current behaviors (nutrition and exercise) have you on a weight loss or gain trend and then design a plan that puts you on a path toward your goals.

For more information,  
please call

(239) 938 - 7991

[www.ppcswfl.com](http://www.ppcswfl.com)



### Silver Package

\$539.00

- *GoWear Fit—The Lifestyle and Calorie Management System w/3 month subscription*
- *Office Consultation*
- *Medical screening to include Lipid panel and Body Mass Composition scan*

### Bronze Package

\$300.00

- *GoWear Fit—The Lifestyle and Calorie Management System w/3 month subscription*

### Optional Services

- *BMC Scan*
- *Consult w/Fitness Coach*
- *Consult w/Nutritionist*