

The 3a-Wellness Center

5-Day Natural Health Program

Every Month we will run a program dedicated to teach you the basic nutrition and natural health principles of the **3a-Wellness Program**. Our goal is to teach you how to cooperate with a healing agencies of nature and begin regaining your lost health and appearance.

During this short commitment for five days you will be immersed in a health-supporting atmosphere, which will inspire you to take better care of yourself, so that when you return home **you will be able to benefit from the personal appearance and health you deserve.**



This program also has a **weight loss** focus as an option.

We will show you how to lose those extra pounds. Go smoothly and safely to your healthiest weight and stay there without drugs, pills, diets, or surgery!

Education emphasizes on:

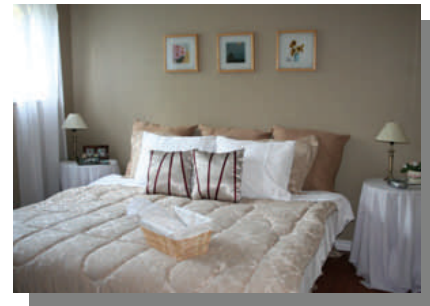
nutrition
disease prevention/ reversal,
detoxification,
cooking, shopping,
exercise and spa treatments.

Attendees will enjoy three simple healthy meals a day all prepared with organic food.



Program is all day from 8:00 am to 7:00 pm. Cost for this 5-day program, including meals, education and exercise (excluding room), is **only \$100/day per person.**

If you prefer an overnight accommodation in our cozy rooms we charge an extra **\$20/night per person** for shared room. For this program there is no private room available.



For what to bring with you please visit us at: <http://www.3a-wellness.com/faq.htm>

Please refer any questions to Eva Sabo staff@3a-wellness.com or call 780-996-4308

Directions

Directions from Edmonton, Stony Plain and Spruce Grove:

- Take west on Hwy 16
- Take the ramp onto Hwy 43,
- Turn Left at TWP 540
- Turn Right at 2nd entrance to 34 Spruce Lane Estate

