



**Pure air,  
sunlight,  
abstemiousness,  
rest,  
exercise,  
proper diet,  
the use of water,  
trust in divine  
power- these  
are the true  
remedies**

*"Ministry of Healing"  
E. G. White*



## **Lose your extra pounds the Healthy Way!**



**"3A- Wellness Retreat"**  
34 Spruce Lane Estates, Edmonton

**Tel: 780-996-4308**  
[www.3a-wellness.com](http://www.3a-wellness.com)  
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Disclaimer: Information provided by "3 A -Wellness Retreat" is only educational in nature and is not to replace professional medical help.



**Do you have any  
health  
concerns  
?**



**Stressed out and just need  
some time for yourself  
?**

**3A- Wellness Retreat**

EDUCATIONAL LIFESTYLE CENTER

**Rejuvenate your body, soul and mind**

**Cleanse your body from toxins**

**Get healthy, stay healthy and prevent future illness**

## Who are we?

You have tried everything... you are spending more money on health care than ever before... and yet you are sicker than before?

You needn't be a physician or have medical training to heal yourself!

Come to our friendly, cozy retreat for a weekend or 10 day program and we will teach you how to reverse your illness and heal yourself with simple natural remedies.

We also offer lodging and free health consultations with a Natural Health Consultant.

## Here is what our guests have said:

**Misty-Lee:**

*"With a simple diet change, cleansing treatment and natural remedies applied on my skin, eczema from my hand disappeared within 5 days of the treatment".*

**Meseret:**

*"I had a problem with recurring bladder infections. My regular doctor prescribed antibiotics but they never cured the problem completely. The pain and itching always kept coming back. Natural Health Consultant suggested a program of herbs and other natural remedies that would last for ten days. I wasn't familiar with any of it, and I wasn't sure if it would work.*

*But regular medication wasn't working so I did their program. By the end of the ten days, the infection disappeared, and it has not returned. My next urine test was normal. My doctor was so surprised by the change that he called me back for a re-test, but it turned out completely normal again".*



*God has given us simple natural remedies that we may use to aid body in its restorative process. Understanding and experiencing His process is what our lifestyle program is all about..*

## You have a health concern- We have a solution



Come and Learn how to cooperate with the healing agencies of nature. We offer Educational Lifestyle programs for those who are suffering from:

*Obesity, Diabetes, Asthma  
High Cholesterol, Cancer  
High Blood Pressure,  
Osteoporosis, Eczema  
Allergies, Arthritis ...*

## Lifestyle Program

Each guest will receive from their stay with us a personalized program which includes:

- Cleansing
- Exercise
- Healthy Diet
- Sauna
- Hydrotherapy
- Massage
- Lifestyle Education
- Cooking Classes
- Natural Remedies Classes

### Good News for People with Type 2 Diabetes!

*"Medical research confirms that up to 50% of people with type 2 diabetes can eliminate diabetes risks and discontinue medication within three weeks by adopting a low-fat, plant food diet and regular daily exercise."*



## What is the 3A- Wellness Retreat?

The 3A- Wellness Retreat is a peaceful getaway just forty minutes west of Edmonton, between Alberta Beach and Wabamun Lake in Alberta. This is an excellent area for walking, biking, swimming, fishing, golfing, horseback riding. Pamper yourself, rest and relax in a homely, organic and allergy-free setting.

We also offer Educational Lifestyle programs for body, mind and soul. Lifestyle change along with simple natural remedies has been shown to be a powerful combination in both the preventative and restorative aspects of health.

Your stay at Lifestyle Center offers you the unique opportunity to eat a healthy diet of simply prepared, organic foods. Enjoy home baked bread made of flour freshly ground from organic whole grain.

## Our fees (less than a hotel rates/day):

**Weekend Retreat Rates**  
(Friday, Saturday, Sunday)  
\$585 - one person  
\$995 - couple

**10 Day Lifestyle Program Rates:**  
\$1450 - one person  
\$2600 - couple  
(Monthly payment available!)

**Lodging only:**  
\$120 per night (includes room, breakfast and a 45 min. health consultation or class of your choice)  
**2 Night Getaway or Honeymoon Special:**  
\$290 per person  
(Includes room, 3 meals, sauna and jacuzzi).

## Spa Services:

Massage: \$ 45 (45 min)  
Sauna: \$ 18 (30 min)  
Jacuzzi: \$ 10 (20 min)  
Salt Glow: \$ 20 (15 min)  
(Booking in advance is essential)



*Gift certificates available*

For a session dates visit us at:  
[www.3a-wellness.com](http://www.3a-wellness.com)  
or e-mail to: [staff@3a-wellness.com](mailto:staff@3a-wellness.com)