

Start 2010 on
the right foot.

Santé Group can help
with resolutions.

**Nutritional Counselling
& Healthy Weight Loss**

Smoking Cessation

Bootcamp Classes

For fitness and endurance

Yoga Classes

For flexibility, strength & energy

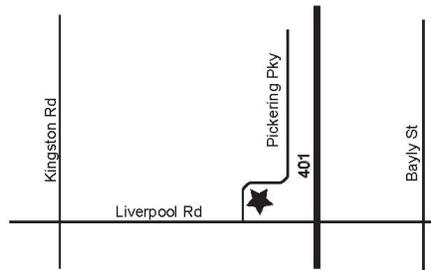
To book now, please call:
905.250.1322



Most services covered by health insurance. Check with the provider

Santé Clinic Hours

Monday	9:30 AM—7:30PM
Tuesday	9:00 AM—8:30PM
Wednesday	9:30 AM—4:30 PM
Thursday	9:00 AM—9:00 PM
Friday	8:30 AM—2:30 PM
Saturday	8:30 AM—4:30 PM
Sunday	10:00 AM—2:00 PM



Santé Group
HEALTH CARE

105-1315 Pickering Parkway

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Santé Group
HEALTH CARE

Get Past those
New Years Excuses!



**Get fit !
Get healthy!
Have Fun!**



 EXCEPTIONAL HEALTHCARE

Personalized **Weight Loss & Nutrition**

Program with Santé Group's

Fitness Trainer &

Nutrition Specialist, Rosi!



Nutritional Counselling

With Rosi Vanderheijden, PTS, NWS.

Rosi is a certified Personal Training Specialist, as well as a certified Nutrition & Wellness Specialist.

Eating on the run? Make it work for you. No suffering involved! Favourite foods only! Promise. Customized one on one or group counseling, catering to busy individuals who want to take control of their health & lifestyle.

Group Classes

Group Classes Tuesday @ 12:00PM-12:45PM

Saturday @ 12:00PM-12:45PM

\$189 for 12 weeks

Private Classes

30 min appointments available

Monday 1:00PM-2:00PM

Tuesday 5:30PM-6:30PM

Wednesday 1:00PM-2:00PM

Each 30 min appointment @ \$36.75

Call 905.250.1322



Are you ready to quit ?

Brian can help!! Kick the habit!

Smoking Cessation.

Santé Group's Certified

Advanced Hypnotherapist & Acupuncturist



Acupuncture & Hypnotherapy

Brian Phillips D.Ac.,C.Ht.

If you are ready to quit smoking; acupuncture and hypnosis can help. They have been proven to be the most effective treatments to help you be successful. Many times just a single treatment is needed for a lifelong change, to kick this disabling and expensive habit. Acupuncture has long been used in Far Eastern medicine to balance the emotional, physical and spiritual aspects of the human body. Progressively more health care practitioners, both holistic and traditional are discovering the importance of acupuncture in maintaining and regaining good health. Acupuncture is a safe and effective natural therapy that is used to heal illness, prevent disease and improve well-being.

Sweat it off, Army Style!!

Join Nicole Saturday Mornings
at **Bootcamp!!!**



Bootcamp Nicole Myers, RMT, Kinesiologist

This boot camp style class alternates between cardio and muscle conditioning. The rest-to-work ratio helps keep you working hard. No fancy footwork required! Alternate between moderate and high intensity bursts of cardio and strength conditioning, using various movements for a full body workout.

Group Classes

Saturday mornings 8:30AM-9:30AM

\$9/wk (Pay-As-You-Go) or \$64 for 8 weeks

Melt the stress away and loosen up with

Sue's **Thursday** evening

Hatha Yoga Class by Santé

Group's Certified Yoga

Teacher, Sue Coleman RYT



Hatha Yoga Sue Coleman RYT

Would you like to have more energy?

Feel less stressed at the office?

Even look forward to going to work in the morning?

Sitting in front of a computer all day can cause back pain from tightness and spinal compression. Yoga improves body alignment, both in and out of class, which helps to prevent tension and stress on your body. We'll gently release tension from your back, shoulders, arms, hands, hips and neck. Increase flexibility, improve posture and still your mind with Yoga, the practice of postures for strength, lengthening and vitality.

Yoga gets rid of mind chatter, alleviates stress and enhances relaxation. It promotes a sense of serenity and can help relieve **insomnia**.

Group Classes

\$12/class for 8 weeks

Or \$15/class (Pay-As-You-Go)

Thursday 7:00PM-8:00PM

Private Classes

\$33/class

Wednesday 11:00AM-12:00PM

Wednesday 1:00PM-2:00PM

Or Thursday 6:00PM-7:00PM

Call 905.250.1322