



2016

Weekend Wellness Program

"Eco-Friendly" Wellness Program

- Want to Explore Natural Techniques for Feeling Rested & Rejuvenated?
- Looking for New Ways to Live More Harmoniously with Mother Nature?

This 'Eco-Friendly' Wellness Weekend is a 3 day retreat focused on eco-friendly themes that uniquely encompass all the natural beauty and diversity that is Bald Head Island, NC. Nature enthusiasts will enjoy a relaxing retreat that focuses on living a more healthier and 'eco-friendlier' lifestyle.

Partnering with the Bald Head Island Conservancy, activities include bird watching, beach hikes, nature walks, and bike rides around the island. Daily meals will be provided and prepared from locally grown food sources.

- *** Please Contact The BHI Center for Wellness for 2016 Program Dates ***



"BEAT the SUGAR BLUES" Detox Program

- Have You Tried and Failed to Give Up Fat, Sugar and Salt?
- Want to Know Why You Crave These Foods
- Want to Better Understand and Control Your Food Cravings?

The BHI Center for Wellness will guide you through a coordinated program that will utilize natural techniques to break your fat, sugar and salt cravings. Our team, consisting of a nutritionist, personal trainer, hypnotherapist and a chef, will guide and support your goals.

This program will include exercise, meditation, hypnotherapy, and nutritional guidance, all aimed at breaking your food cravings.

- *** Please Contact The BHI Center for Wellness for 2016 Program Dates ***



Visit our website at www.bhiwellness.com or call **919.812.3935** to speak with a program consultant. You can also email us at info@bhiwellness.com.



The Bald Head Island
CENTER FOR WELLNESS

START YOUR HEALTHY EVOLUTION

We invite you to attend our
6-Day, Full-Immersion Wellness Programs

This **All-Inclusive** program offers nutrition and behavioral workshops, cooking classes, meditation individual and group exercise classes. Enjoy three delicious meals and two healthy snacks prepared each day by our gourmet chef.

- Nutrition Counseling
- Lifestyle Coaching
- Cooking Classes
- Individual & Group Exercise
- High Degree of Personalized Attention



- Meditation
- Gourmet Meals
- Hypnotherapy
- Private Accommodations
- Comprehensive Diabetes Education

PLUS: Participants in our program receive a variety of helpful wellness applications for their iPhone/Android devices.

All nutrition lectures are recorded and participants receive access to video recordings of the nutrition presentations.

Please visit our website for **SPECIAL WEEKEND PACKAGES** including:
"Eco-Friendly" Wellness Program & **"BEAT the SUGAR BLUES" Program**



Our Programs May Be Supplemented By Your Insurance Plan. Contact Us For Details.

WWW.BHIWELLNESS.COM

919.812.3935

* Bald Head Island Ltd. and its associated companies are not affiliated with The Bald Head Island Center for Wellness, LLC. and are not responsible for its programs, advertising, activities, representatives, or claims.





Set in the beautiful surroundings of Bald Head Island, each day at the Center offers a wide variety of **nutrition consultation**, **exercise classes** and **lifestyle coaching**.

A Sample Day at The Bald Head Island Center for Wellness

7:00 a.m.	Sunrise Beach Walk / Island Bike Ride
8:00 a.m.	Meditation
8:45 a.m.	Nourishing Breakfast
10:00 a.m. Nutrition Workshop	<ul style="list-style-type: none"> • Managing Your Food Cravings • Understanding Overeating • Menu Planning for Success • Planning Your Restaurant Experience
10:45 a.m.	Energizing Snack
11:30 a.m. Fitness	<ul style="list-style-type: none"> • Resistance Training • Aerobic Exercise • Golf, Tennis, Kayak & Sailing Classes*
12:00 p.m.	Revitalizing Lunch
1:30 p.m. Lifestyle Coaching	<ul style="list-style-type: none"> • Changing Destructive Thinking • Become a Skillful Eater • Boundaries & Values • Preventing Food Cravings
3:00 p.m.	Refueling Snack
3:30 p.m.	<ul style="list-style-type: none"> • Enjoy a Walk on the Beach • Guided Meditation/Reflection • Spa Treatments @ BHI Island Retreat*
4:00 p.m. Hypnotherapy Session	<ul style="list-style-type: none"> • Discover Your Inner Strength • Guided Imagery • Mind / Body Connection • Empowerment & Self Acceptance
5:00 p.m.	Cooking Class (What's for Dinner?)
6:00 p.m.	<ul style="list-style-type: none"> • Relaxing Dinner • Mindful Eating Exercise • Enjoy a Mocktail
7:00 p.m.	<ul style="list-style-type: none"> • Moonlight Beach Walk • Relaxing Swim in Spa and Pool

*Additional cost may apply

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