



2018

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 2018 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.

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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.