



The Bald Head Island
CENTER FOR WELLNESS

START YOUR HEALTHY EVOLUTION

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

Saturday - April 21 through Thursday - April 26, 2012
Saturday - September 8 through Thursday - September 13, 2012

Located on the southernmost tip of North Carolina, Bald Head Island is a premier island paradise. Enjoy fourteen miles of beaches, a lush maritime forest and mainland conveniences. A perfect setting to redefine your life's ambitions.

- Nutritional Consultation
- Lifestyle Coaching
- Cooking Classes
- Individual & Group Exercise



- Meditation
- Gourmet Meals
- Hypnotherapy
- Private Accommodations

PLUS: Participants in our 6-day program receive a complimentary **iPod** touch equipped with a variety of helpful wellness applications.

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

Our programs may be supplemented by your insurance plan. Contact us for details.

Life ENHANCEMENT
A Bald Head Island Limited Workshop Series

Hosted by Bald Head Island Limited*

WWW.BHIWELLNESS.COM

919.367.0677



* 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

For more information, visit our website at www.bhiwellness.com or call 919.367.0677 to speak with a program consultant. You can also email us at info@bhiwellness.com.