



Phyllis Reid Jarvis

Your Health is Your Wealth, Start Investing Now

## Gift Certificate

**\$130**

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*One-Hundred Thirty dollars*

**Redeemable by bearer for one (1) Nutrition Coaching session at PRJ Consulting**

Phyllis Reid Jarvis, Dietitian, Certified Diabetes Educator

Tel: 204-229-2634

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Interested in finding Solutions for your health goals? Are you looking for permanent weight loss? Would you like to feel more energetic?

**A Dietitian can help you manage and even avoid many serious and costly health problems such as:**

- diabetes
- obesity
- high blood pressure
- heart disease
- certain types of cancers

A Dietitian will work with you to help you develop specific lifestyle programs that suit your needs. You can benefit from a Dietitian's service either in one-on-one work or as part of a group.

**Having a Nutrition Coach can help you reach your goals**

**Tel: 204-229-2634 Toll Free: 1-877-655-0507**