



The Bald Head Island
CENTER FOR WELLNESS

Every New Year starts with a resolution to lose weight and get in better shape.

**THIS YEAR
CAN BE DIFFERENT!**

We invite you to a one-week, full-immersion wellness program.

Saturday, March 14 - March 21, 2009

Sunday, August 23 - August 30, 2009

The BHI Center for Wellness offers an unparalleled combination of nutrition, exercise and lifestyle coaching focused on improving your health. Learn day-to-day tools for healthier living from our experienced wellness team – a nutritionist, lifestyle coach, personal trainer and gourmet chef.

- Nutrition Education
- Yoga & Meditation
- Lifestyle Coaching
- Gourmet Meals
- Cooking Classes
- Island Tours
- Individual & Group Exercise
- Private, Ocean-Front Accommodations

Our programs are supplemented by some insurance plans.

Space is limited.

Early-registration discounts and gift certificates available.



WWW.BHIWELLNESS.COM
800.432.7368



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

Sample Day at The Bald Head Island Center for Wellness

7:00 am	Sunrise Beach Walk
8:00 am	Yoga & Meditation
8:45 am	Energizing Breakfast
10:00 am Nutrition Workshop	Moving Away from Diets Menu Planning Planning Your Restaurant Experience
10:45 am	Energizing Snack
11:30 am Island Time	Island Historic Tours Old Baldy Conservancy Scavenger Hunt
12:00 pm	Revitalizing Lunch
1:30 pm Lifestyle Coaching	Changing Destructive Thinking Boundaries & Values Slips, Relapse & Prevention Cravings
3:00 pm	Refueling Snack
3:30 pm	Energy Work Massage Spa Services
4:00 pm Fitness	The Amazing BHI Race Biking Weigh Training *Golf, Tennis, Kayaking/Sailing, Fishing
5:00 pm	Cooking Class & Demo
6:00 pm	Dinner Boil on the Beach Dinner & Dancing
7:00 pm	Fireside Chat Moonlight Walk Movie Night

*Additional cost may apply

For more information,
call **800.432.7368** to speak with a program consultant
or e-mail us at **info@bhiwellness.com**.