



CBRC Health & Wellness Clinic

NUTRITION PROGRAMS

Nutrition is one of the key catalysts in achieving lifelong health and wellness. Let our Certified Food Coaches teach you the skills to achieve optimum health by providing practical ways you can apply good eating and lifestyle habits into any way of life. Our Balanced Habits Nutrition Programs are easy to follow, provide accountability and have proven results!

Balanced Habits Nutrition Programs Available:
Balanced Habits Kick Start (28 days offered 3 x year)
Cost: \$169-\$229

Balanced Habits Life (one-on-one) offered in 3, 6, or 12-month programs. Cost: \$129-\$199 per month depending on program length.

CBRC Health & Wellness Clinic's Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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