

What would you **do** if you had really good **health?**

- Ride a bike?
- Play more with your kids?
- Take a hike?
- Go dancing?
- Play golf?
- Have a better love life?
- Go skiing?
- Work more?
- Play more?

What would **you** do?



You **can** control your **health** & live the life you want!



Would you believe that **you** can be the picture of **health—** *without going to the doctor's office?*

The Center for Functional & Integrative Medicine wants to help you achieve better health. We are bringing to you the most comprehensive wellness program available—**FirstLine Therapy Corporate Wellness.**

FirstLine Therapy is a “therapeutic lifestyle program” that knowledgeable health practitioners are using to help people regain control of their health.

It's an effective, primary treatment approach for many people to help lower their blood pressure or their cholesterol *before medication is needed.* It can also help people increase their energy and sex drive, lose fat and inches while maintaining muscle, and achieve many other important health goals.

“FirstLine Therapy has taught me a new way to look at food... FirstLine Therapy is a life changer and I recommend it to everyone who asks about all the weight I have lost—it works!”

—Connie J., *FirstLine Therapy* patient



Here's what the practitioner brings to **you:**

- Testing—simple health screening to evaluate key markers of health and help you understand your current health status
- Lunch-n-Learn presentations with Cindy Swan, Lifestyle Educator, to help you understand your test results and what you can do to correct any problem areas
- Weekly group “telecoaching” sessions with Cindy to answer your questions and give you personal insight to help you achieve your health goals
- Weekly “Tips for Health” emails to give you health facts you can use
- Access to the CFIM Meta-eHealth Web site for 24/7 answers to your health-related questions



Work toward better **health**

Please consider this opportunity to improve your health without the hassle of outside doctor appointments and busy waiting rooms.

You can also visit cfim1.com now to get to know the CFIM practitioners or to search for any answers to health-related questions you may have.

We want everyone to be **healthy & happy!**



Just 3 Steps to Better Health!

1. **Make an appointment for testing** right here at Employer Name. Contact HR support person at phone number or email address to sign up.
2. **Get tested** (go to the appointment). It takes about 10 minutes and includes:
 - Comprehensive symptom assessment
 - Bioimpedance analysis (BIA) to determine % body fat vs. muscle
 - Blood pressure measurement
 - Measurements for simple, accurate estimation of major health risks

TOTAL VALUE OF TESTING: \$___
YOUR COST: \$35

 - Plus receive a *FirstLine Therapy* guidebook(\$15.00 value) **FREE!**
3. **Attend a “Lunch-n-Learn” presentation** on [date] at [time] in [location] to help you understand your test results and receive your personalized program plan.

*Hurry! Spaces are limited—
and your life is waiting!*

Don't Just **Work...**



Make Your **Health**
Work for you!

A Note from Mark Holthouse, M.D.

I've been helping people enjoy better health for over 20 years. *FirstLine Therapy* is based on the latest science, and I think it's one of the best ways there is to improve your health—and your life.

Research has shown that most people have more control over their health than they think. Confused about what it takes to be healthy? I'll show you some simple things that you can use in everyday living—things that can make a big difference in how you feel and function.

This program is designed to help you feel great now, and stay that way for many years to come. If you'd like to learn more, check out my Web site at cfim1.com.

I look forward to working with you!



Is your health holding you back

