



Health and Vitality



Intensive Therapeutic Program Begins Wednesday, May 19: Lighten Up! Full Attention 6-week Focus on You

Our Intensive Therapeutic Program for Implementing Creative Lifestyle Change and **Lighten Up** Programs are especially created for those who are ready to implement Intensive Lifestyle Change. Participants will need to dedicate 6 to 8 weeks to their Health and Personal Growth with our complete support and assistance. We envision that Weight Management, Fibromyalgia, Hypertension and Depression will be our current areas of concentration; however the Intensive Program is flexible enough to include other areas of focus as well (please read below for other options for treatment combinations):

Personal Assessments: Beginning, Middle and End (1/2 hour each session):

- NES Computer Diagnostics - Allyson Burden
- Live Blood Analysis - Patricia Lapena
- Art Therapy - Gillian Vellet
- Auriculotherapy - Mike Lang
- Brain State Conditioning (EEG – Biofeedback/Neural Feedback) - Dave Scott & Carol Babb

One-on-One Consultations & Treatments (various session times):

- Initial Program Consultation - Debbi Lang
- Personalized Exercise / Kinesiology Evaluation - Annika Hodgson
- Therapeutic Massage - Mike Lang or Gillian Vellet
- Intuitive Consultation - Debbi Coleen
- Isis Rejuvenation Energy Healing - Sue Lawson
- Nutrition Assessment - Petra Jabbusch

Daily Personal Support:

- Telephone Check Ins & Consultations - Mary Campbell, Sue Lawson & Debbi Lang
- Walking & Qigong Groups - Mike & Debbi Lang
- “Shake & Bake” 10 minute Vibration Exercise Machine & ½ hour Infrared Sauna
- Health Supplements: Sunrider Concentrated Herbal Foods: Quinary, Calli, & Fortune Delight (10 day supply)

105 – 19610 – 64th Avenue Langley, BC V2Y 1H3
www.langcvh.com 604 530-8840 HealthandVitality@shaw.ca



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Weekly Group Support Options:

Monday 7:00-9:30 p.m. - Qigong, Reiki Share, Meridian Tapping & Peace Meditations
(consecutive Monday evenings)

Tuesday 7:00-9:30 p.m. - Pain Relief Drop In Clinic with Special Speakers & Entertainers

Wednesday 6:30-9:30 p.m. - 'LIGHTEN UP': RECOGNIZE - the power within you; RELEASE - limiting beliefs and emotions; RENEW - inner joy and harmony with Adele Peterson

Thursday 7:00-9:30 p.m. - Nutritional Awareness with Lorraine Leahy & Petra Jabbusch plus other Nutritionists

Friday 7:00-9:30 p.m. - The Suppers Program (www.theSuppersPrograms.org) at Mike & Debbi's home

Sunday 1:00-3:00 p.m. - IN Group: Information, Inspiration & Intuition with Debbi Coleen

Other Holistic Therapy Recommendations (outside of Program Cost):

Hypnotherapist/Energy Therapist - Adele Peterson

Homeopathy - Allyson Burden

R. Art Therapist - Gillian Vellet

Counsellor/Therapist - Elaine Clark

R. Kinesiologist - Annika Hodgson

R. Acupuncturist - Mike Lang

R. Massage Therapist - Gillian Vellet

Nutritionists: Petra Jabbusch, Annika Hodgson, Lorraine Leahy, Lynn Krokenberger

Brain State Conditioning (EEG – Biofeedback/Neural Feedback) - Dave Scott & Carol Babb

Relationship Coaches - Mary & John Campbell

The exclusive, comprehensive package for our Intensive Therapeutic Lifestyle Change Program combined with the Lighten Up program is valued at over \$2500.00.

Our Regular Introductory Special Price is \$1499.00.

Pre-register by May 12th to benefit from the Earlybird savings @ \$1199.00.

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The Therapeutic Intensive program is a very specialized, fast-track healing system. For other options to design your own treatment package, we have created several more options to allow you to experience the powerful healing expertise of our Practitioners. Of course, the savings are not as significant but they allow for more flexibility and less time commitment.

Introductory packages: (some practitioner restrictions may apply)

1. **Wed. night Lighten Up** 8-week group program: \$249.00
2. **Choice of 1 therapy/practitioner** (savings of \$10/hr/practitioner)
30 min - \$ 45 60 min - \$ 90 90 min - \$ 135
3. **Choice of 2 therapies/practitioners** (savings of \$20/hr/practitioner)
30 min - \$ 40 each 60 min - \$ 80 each 90 min - \$ 120 each
4. **Choice of 3 or more therapies/practitioners** (savings of \$30/hr/practitioner)
30 min - \$ 35 each 60 min - \$ 70 each 90 min - \$ 105 each

Other Specials:

6 for 5 special: \$250 for 6 half hour sessions (or combination of ½ hr, 1 hr, 1.5 hr sessions with chosen practitioners); **\$500 for 6 one hour sessions** (or combinations plus complimentary **10 for \$100 special**)

10 events for \$100 (1/2 price over the \$20 drop-in price for evening events & infrared sauna)

A \$250 deposit by May 12 holds your space. Financing options include:

Option 1: Comprehensive program - \$1199 single payment

Deposit - \$250

Option 2: Comprehensive program with finance option - \$1225

\$250 Deposit plus 3-part Payments of \$325 (week 1, week 3, week 5) (only an extra \$26)

Anticipate additional Health and Wellness surprises to be included along the way!