

Our Wellness Program Welcomes You Back!

The new year is here, This is the perfect time to reset and focus on your wellness goals.



2023



**The Biggest Loser Challenge!
Body composition and fat loss
challenge**

**We will send out a email to all of
our established patients within
the next few weeks!**



Our wellness program utilizes state of the art tools and diagnostics that are proven to:

- Maximize fat loss
- Preserve lean body mass
- Integrative approach to nutrition
- Disease prevention
- Stabilize insulin and glucose levels
- Promote lifestyle modifications

Call or email us today to schedule a consult! (586)726-8365 ext. 2023 or wellness@silverpinedocs.com

Meet Jessica!

Jessica received her nutrition certification through The Institute for Integrative Nutrition and is currently working towards further education in Dietetics. She is passionate about the wellness of others and is evidence driven. She has experienced a broad range of clients of all different ages, and believes nutrition is not a one size fits all approach. On her free time she enjoys hiking, camping, cooking, strength training and snowboarding.