

A person is captured in mid-air, jumping joyfully with arms and legs outstretched. The scene is set in a grassy field at sunset, with the sun low on the horizon, creating a warm, golden glow. The sky is a mix of blue and orange, with scattered white clouds. The person's silhouette is dark against the bright background.

Are you  
ready...

to create  
new healthy  
habits!

Do you need help  
to make changes in  
your relationship  
with food ?

6 - 1 hour sessions over 4  
months can make lasting  
changes toward a healthier  
you!

Make an appointment to meet with  
Dr. Renee Catrambone and Linda Paschall RN.  
For more information or to set up an appointment.  
Call or Text (586) 571-2923