

What Are You Waiting For?

Health & Nutrition Coach

Crystal Connor CHHC, AADP

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**Huntingdon Valley Family
Chiropractic Centre**

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**Set and accomplish
goals in a way that is
empowering and
exciting**

**Work to achieve
and maintain
your ideal weight**

**Understand and reduce
your cravings**

**Increase your
energy levels**

Feel great in your body

**learn about new
foods and how
you can easily
incorporate
them**

**Improve your personal
relationships**

**Discover the
confidence to
create the life
you want**

Now Scheduling Private Sessions for Individuals & Families at Huntingdon Valley Chiropractic

*Nutrition 4 the WHOLE Family *Lifestyle
Medicine *Cholesterol
Weight & Health

**Crystal is Scheduling Break Through sessions on Saturdays.
Special \$49 per session offered only @ Huntingdon Chiropractic**

Don't wait to start living, now is the time...

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