



The Bald Head Island  
CENTER FOR WELLNESS

# START YOUR HEALTHY EVOLUTION

We invite you to attend our  
**6-Day, Full-Immersion Wellness Programs**

This **All-Inclusive** program offers nutrition and behavioral workshops, cooking classes, meditation individual and group exercise classes. Enjoy three delicious meals and two healthy snacks prepared each day by our gourmet chef.

- Nutrition Counseling
- Lifestyle Coaching
- Cooking Classes
- Individual & Group Exercise
- High Degree of Personalized Attention



- Meditation
- Gourmet Meals
- Hypnotherapy
- Private Accommodations
- Comprehensive Diabetes Education

**PLUS:** Participants in our program receive a variety of helpful wellness applications for their iPhone/Android devices. All nutrition lectures are recorded and participants receive access to video recordings of the nutrition presentations.

Please visit our website for **SPECIAL WEEKEND PACKAGES** including:  
**"Eco-Friendly" Wellness Program** & **"BEAT the SUGAR BLUES" Program**

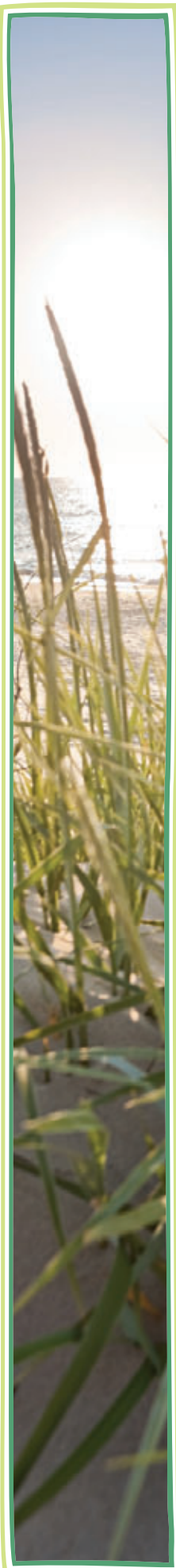


*Our Programs May Be Supplemented By Your Insurance Plan. Contact Us For Details.*

**WWW.BHIWELLNESS.COM**

**919.812.3935**

\* Bald Head Island Ltd. and its associated companies are not affiliated with The Bald Head Island Center for Wellness, LLC. and are not responsible for its programs, advertising, activities, representatives, or claims.





Set in the beautiful surroundings of Bald Head Island, each day at the Center offers a wide variety of **nutrition consultation**, **exercise classes** and **lifestyle coaching**.

## A Sample Day at The Bald Head Island Center for Wellness

7:00 a.m.	Sunrise Beach Walk / Island Bike Ride
8:00 a.m.	Meditation
8:45 a.m.	Nourishing Breakfast
10:00 a.m. Nutrition Workshop	<ul style="list-style-type: none"> <li>• Managing Your Food Cravings</li> <li>• Understanding Overeating</li> <li>• Menu Planning for Success</li> <li>• Planning Your Restaurant Experience</li> </ul>
10:45 a.m.	Energizing Snack
11:30 a.m. Fitness	<ul style="list-style-type: none"> <li>• Resistance Training</li> <li>• Aerobic Exercise</li> <li>• Golf, Tennis, Kayak &amp; Sailing Classes*</li> </ul>
12:00 p.m.	Revitalizing Lunch
1:30 p.m. Lifestyle Coaching	<ul style="list-style-type: none"> <li>• Changing Destructive Thinking</li> <li>• Become a Skillful Eater</li> <li>• Boundaries &amp; Values</li> <li>• Preventing Food Cravings</li> </ul>
3:00 p.m.	Refueling Snack
3:30 p.m.	<ul style="list-style-type: none"> <li>• Enjoy a Walk on the Beach</li> <li>• Guided Meditation/Reflection</li> <li>• Spa Treatments @ BHI Island Retreat*</li> </ul>
4:00 p.m. Hypnotherapy Session	<ul style="list-style-type: none"> <li>• Discover Your Inner Strength</li> <li>• Guided Imagery</li> <li>• Mind / Body Connection</li> <li>• Empowerment &amp; Self Acceptance</li> </ul>
5:00 p.m.	Cooking Class (What's for Dinner?)
6:00 p.m.	<ul style="list-style-type: none"> <li>• Relaxing Dinner</li> <li>• Mindful Eating Exercise</li> <li>• Enjoy a Mocktail</li> </ul>
7:00 p.m.	<ul style="list-style-type: none"> <li>• Moonlight Beach Walk</li> <li>• Relaxing Swim in Spa and Pool</li> </ul>

\*Additional cost may apply

For more information, visit our website at [www.bhiwellness.com](http://www.bhiwellness.com) or call **919.812.3935** to speak with a program consultant. You can also email us at [info@bhiwellness.com](mailto:info@bhiwellness.com).