

# FEEL YOUR BEST IN 2015

CHOOSE ONE OF OUR AMAZING PROGRAMS\*

GAIN MORE ENERGY,  
STRENGTH, & FOCUS

## BABY STEPS

**Detoxification:** Perfect for anyone with concerns about weight, focus, energy, and overall health.

This 2 or 3 week program uses the Clearvite Detoxification Plan. This includes a Pre and Post meeting with Dr. Jahnke to review your current health, goals and outcome. The Baby Steps program also includes a Heart Rate Variability Test; an easy, 5 minute, non-invasive test that tells you how stress is impacting your health and aging.

**A \$175 value!**

**\$99.99**

## START STRONG

**Detoxification & Body Balancing Program:** Perfect for anyone that wants to work out the kinks, and get on a path to better health.

This 2 to 3 week program includes all of the Baby Steps program and also includes a full evaluation with a Core Score Report (based on heart rate variability, organ and gland control, and muscle tone and balance), and 3 chiropractic sessions.

**A \$345 value!**

**\$249.99**

## JUMP IN

**Detoxification, Brain & Body Balancing Program:** Perfect for anyone that wants a full tune-up: a brain, body and nutritional kick start to the new year.

This 2 to 3 week program includes everything in the Start Strong program and also includes 1 session of brain balancing exercises (with hand-outs so you can do them at home), and 1 evaluation of body mechanics with recommended home exercises, so you will have less risk of injury and gain strength in your regular exercise program more effectively.

**A \$455 value!**

**\$329.99**

## BONUS

All programs include 2 tickets to participate in 3 Group Nutritional Visits (regularly \$20 each), focused on Stress, Digestion & Health, and Brain Health. One class will be offered twice monthly February through April.

**Apex Chiropractic & Wellness Center**

8624 Winton Road, Suite B  
Cincinnati, Ohio 45231

apexchirocenter.com  
(513) 931-4300

\*The fine print: These offers are not to be combined with insurance. Only the Baby Steps program can be used by Medicaid or Medicare patients due to federal laws. All services in a program must be used by the same person, except a guest may be brought to the Bonus Group Nutritional Visits. The programs vary between 2 and 3 weeks depending on scheduling and your choice of detoxification plans.