

Weight Loss Coaching

A
HEALTHY
BODY
MADE
SIMPLE.



Are you feeling

tired?

miserable?

frustrated?

or unmotivated?

I understand and

I can help.

About Your Coach

RAE-ANNE JAMMER

CWP, WWHP, CFT

For 20 years now, Rae-Anne Jammer has dedicated her life to helping adults, families and youth improve their health, their well-being and their quality of life.



A Certified Wellness Coach, Workplace Wellness Specialist, Certified Fitness Trainer and member of the National Wellness Institute, Rae-Anne is a passionate, sincere and empathetic wellness professional. As someone who lives with two chronic autoimmune diseases (Systemic Lupus and a blood disorder called ITP), she sets a wonderful example of the value and benefit that living a wellness lifestyle can bring.

A renowned expert and sought after speaker in stress management and wellness, Rae-Anne has been featured at conferences and trade shows, in newspapers and magazines, and on radio and television. She and her husband Clinton, an award-winning Wildlife Artist, live in Blackstock, Ontario.

A Personalized Program to Build a Healthier Body and Improve Your Self-Esteem

WEIGHT LOSS COACHING NOT ONLY HELPS YOU LOSE WEIGHT, BUT ALSO POSITIVELY IMPACTS YOUR HEALTH AND THE WAY YOU FEEL AND PERFORM ON A DAILY BASIS.



PROGRAM DETAILS

Computerized Nutritional Analysis

Assesses your nutritional intake based on the five components of nutrition, including a detailed vitamin and mineral profile.

BMI Assessment

Measures your body composition and assesses your current weight.

Personalized Weight Loss Plan

Private Weight Loss Coaching

3 hours included*

**Additional coaching available.*

PROGRAM PRICING

Weight Loss Program \$249

Computerized Nutritional Analysis
BMI Assessment
3 hours of private coaching*
Personalized Weight Loss Plan

START TODAY!

**Call Rae-Anne now at
1-866-921-9355 to
book your free,
no obligation
consultation.**

Build a healthier body
and improve your self-esteem
today!

Call Rae-Anne toll-free at
(866) 921-WELL.

(866) 921-9355

**Additional private coaching with program purchase: \$40.00 per hour. À la carte private coaching without program purchase: \$50.00 per hour. Coaching provided in person or via tele-coaching. All prices plus HST.*

Rae-Anne Jammer, CWP, WWHP, CFT
CERTIFIED WELLNESS COACH

Serving Durham Region

Toll-Free (866) 921-9355

www.PathwaysHealthPromotion.com