

What Makes HEAL 360 Different

- **Science meets personalization:** Advanced assessments guide your care.
- **Whole-person focus:** Nutrition, movement, lifestyle, and mindset.
- **Supportive coaching:** Progress without judgment or restriction.
- **Led by a Registered Dietitian:** Professional, evidence-based guidance every step of the way.



What's Included

- **Comprehensive Nutrition Assessment** – Understand your body's unique needs through detailed body and nutrition analysis.
- **Metabolic & Body Composition Assessments** – Identify how your body uses energy to guide personalized nutrition interventions.
- **Personalized Nutrition & Meal Planning** – Receive practical, tailored strategies and meal plans that fit your goals and preferences.
- **Lifestyle & Behavior Coaching** – Build consistency through support, accountability, and sustainable habits.
- **Mindful & Intuitive Eating Guidance**
 - Strengthen your relationship with food using evidence-based behavioral approaches.
- **Infrared Wellness Therapy Sessions**
 - Enhance recovery, relaxation, and overall well-being.

HEAL 360°

Healthy Weight Management Program



Whole-Body Wellness



A personalized approach to healthy weight management and whole-body wellness – guided by real science.

DISCOVER A PROGRAM BUILT AROUND YOU

HEAL 360 is a nutrition and lifestyle program designed to help you create meaningful habits, understand your body, and feel your best.

This program combines evidence-based assessments, personalized nutrition planning, and supportive coaching to help you make confident, informed choices that support your long-term well-being.

Led by a Registered Dietitian

Backed by Science

Focused on You

*A Collaborative Program by
Mandy Megan RD Services Inc.
& 360 Wellness*



BUILT FOR THOSE WHO:

- Want to move beyond dieting and build habits that last.
- Experience challenges with metabolism, energy, or weight regulation.
- Value structure, accountability, and data-driven insights into their health.
- Wish to develop a more balanced, mindful approach to food and body.
- Are managing metabolic syndrome, high cholesterol, insulin resistance, non-alcoholic fatty liver disease, or hormonal changes.
- Are using or considering GLP-1 medications and seeking nutrition and lifestyle strategies for long-term success.

CONTACT US TO LEARN MORE



Direct Voicemail for Inquiries
780 851 8664



Book your free discovery session to learn more at:
<https://www.beaumontwellnesscentre.com>



Flexible Payment Options: Weekly, bi-weekly, or monthly plans - *Includes: All assessments, personalized nutrition plans, and ongoing support*

