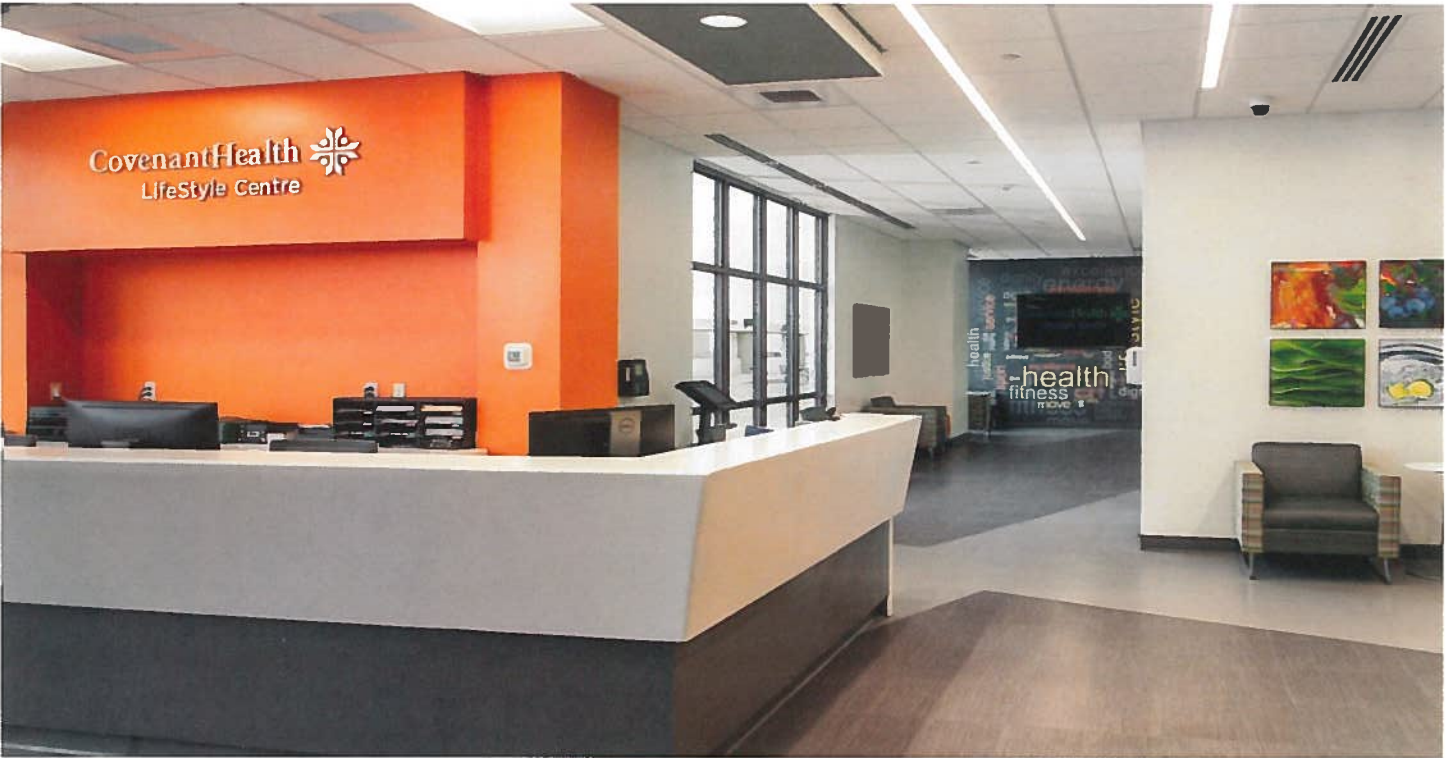


Covenant LifeStyle Centre



Nutritional Services :

- Diabetes education
- Sports nutrition
- Weight management
- Pre and post Bariatric surgery
- Heart Disease
- Food Allergies / intolerances



For more information, call:
Covenant Lifestyle Centre
806-725-4386

CovenantHealth 
LifeStyle Centre

Covenant LifeStyle Centre



Cardiac and

Pulmonary Rehab:

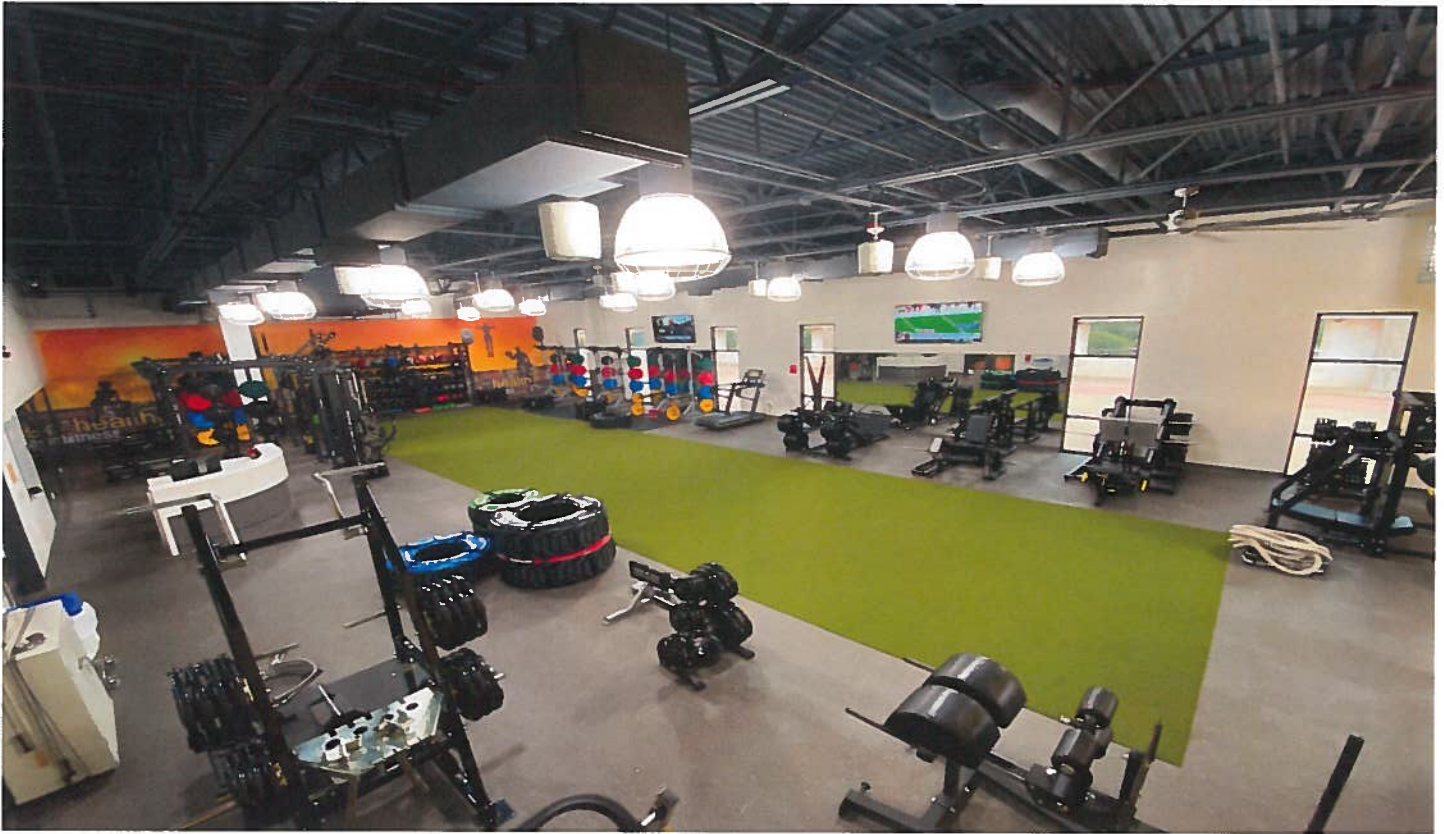
- Physician referred
- AACVPR certified
- Pritikin Intensive Cardiac Rehab
- Most insurances cover the program



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CovenantHealth 
LifeStyle Centre

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Lifestyle Wellness:

- 1 on 1 orientation
- Personal training
- Land group classes
- Water group classes
- Free covered parking



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LifeStyle Centre

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Physical Therapy :

- Comprehensive therapeutic exercises, manual therapy and modalities to treat neuromusculoskeletal problems
- Physical therapy to address pain, stiffness, weakness, balance and gait problems

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LifeStyle Centre