

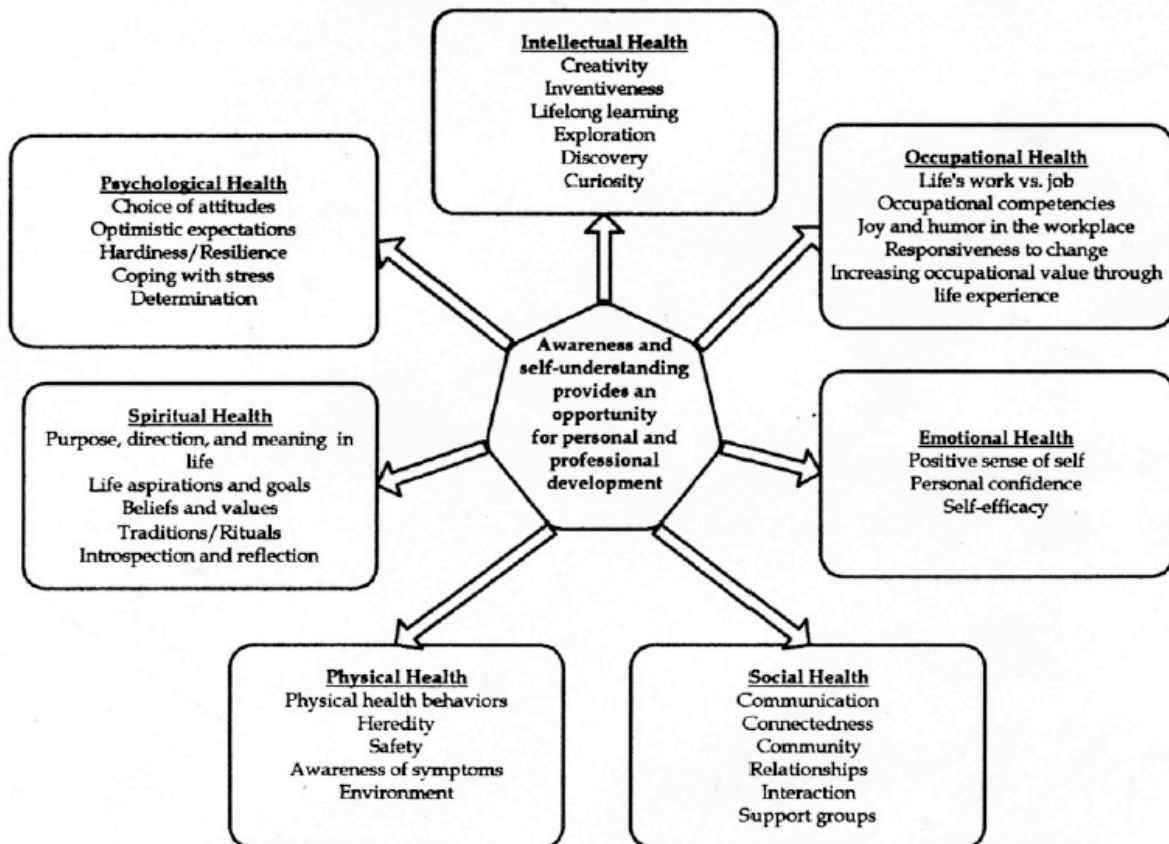
# Timberhill Athletic Club Health Promotion

*Health Promotion for a balanced lifestyle*

## The Timberhill Health Program

*A New Health Perspective: Health from the Inside-Out*

Health is not a **ONE-SIZE** fits all. Because your needs uniquely belong to you, awareness is the key to turning inward and defining who YOU are and what YOU need to be healthy. Timberhill Health believes that you possess vast resources for self-understanding and for directing your own behavior. It is our job to facilitate a growth-promoting environment which enables you to recognize and fulfill your health needs from YOUR personal beliefs to your outward actions. This is what we mean when we say “health from the inside-out.”



Please visit our web site at [www.Timberhillac.com](http://www.Timberhillac.com)

*One-on-one Consultations ~ Health fairs ~ Presentations & Seminars ~ Monthly Newsletter ~ and more!*

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