



MONTCLAIR PHYSICAL
THERAPY & WELLNESS
is more than just a gym.

Our unique facility
integrates the most
important elements of
health, strength, and fitness
under one roof. We're your
one-stop wellness center.

PHYSICAL THERAPY

STATE-OF-THE-ART GYM

PILATES EQUIPMENT

PILATES MAT CLASSES

PERSONAL TRAINING

MASSAGE THERAPY

ACUPUNCTURE

NUTRITION CONSULTING

SAUNAS AND SHOWERS

FULL LOCKER ROOMS

510-339-2116

6125 Medau Place

www.montclairpt.com

HOURS:

Mon - Fri: 5:00am - 9:00pm

Sat & Sun: 7:00am - 5:00pm

Maximize your physical therapy & gym workouts!



**Nutrition Special
thru April 30th**

**\$49 Special Offer
Private Consultation Session**

REDUCE STRESS ■ EAT WELL ■ FEEL BETTER

**One-on-One Session with Tuyet, our Nutrition & Stress Reduction
Consultant—only \$49 thru April 30th! (Regular price \$130)**

Are you recovering from an injury? Do you have joint aches and pains, or arthritis?
Are you tired and wired but can't sleep? Are you stressed or anxious often? Do you
have digestive issues, low energy, trouble concentrating? Do you crave carbs and sugar?

If you answer YES to any of the above questions, Tuyet can help!

Don't miss your chance to get some targeted, practical tips for improving your overall
nutrition and lifestyle, including stress management. **What you learn will help you
maximize results from your workout program or physical therapy.**

Note: You can send Tuyet a question on your particular needs at info@Nourishingpath.com).

Tuyet Cong-Ton-Nu, Certified Nutrition Educator & Consultant, Licensed Stress Reduction Coach, Certified Lifestyle Educator, Professional Member of the National Association of Nutrition Professionals

Tuyet's areas of expertise include: ■ Identifying foods that promote healing and minimize inflammation ■ Shopping, planning, menus and recipes personalized for your needs ■ Body composition analysis, including mass, muscle mass, and ideal calories ■ Lifestyle changes and weight loss program ■ Stress reduction from the inside out.

To see more of Tuyet's offerings, visit our website at www.montclairpt.com.

www.NourishingPath.com ■ 510-524-1540 ■ 902 Carmel Avenue, Albany, CA 94706

**VALIDATED PARKING
at Montclair Garage**

**To register for your one-on-one nutrition session, stop by the
front desk, call us at 510-339-2116, or just call Tuyet.**