

## Classes/Seminars Available

### *Portion Distortion:*

*Learn the correct serving sizes and how food portions have been changing*

*Fats: The Good, The Bad & The Ugly*

*Understanding Food Labels*

*Blood Sugar Control, Cravings and the Glycemic Index*

*Review of current, popular weight management & diet programs: Which one is right for you?*

*Supplement Evaluation: Do you need them and if so, how to pick a reputable manufacturer*

*Sports Nutrition*

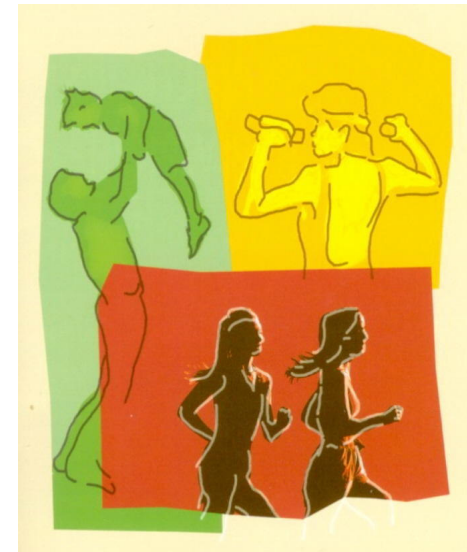
*Helping children develop healthy lifestyle habits including healthy snacking*



**Roberta Cook, RN, MS, CPNP**

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To learn more about HealthPointe, visit  
[www.myhealthpointe.com](http://www.myhealthpointe.com)  
And enter the password: **Health**



**Roberta Cook, RN, MS, CPNP**  
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# HealthPointe:

## About Roberta Cook

- ◆ Graduated with a Master's Degree in Nursing from the University of Michigan in 1985
- ◆ 30+ years nursing experience
- ◆ Certified Nurse Practitioner
- ◆ Past 20 years of continuing education spent in the study of Nutrition and Health Promotion
- ◆ Wellness Coach/Consultant
- ◆ Health Promotion Advisor
- ◆ Focused on helping health conscious individuals achieve optimal levels of health
- ◆ Authorized Distributor of the HealthPointe System



## What My Services As A Consultant Can Do For You

- ◆ Complete a health risk assessment
- ◆ Analyze your eating habits & practices
- ◆ Instruct you in specific weight management programs such as:
  - Lean For Life: Weight Loss
  - Trim Advantage
  - Portion Control
- ◆ Provide Individualized wellness learning sessions based on current research findings
- ◆ Assist you in making an informed decision about supplements
  - Do you need them?
  - If yes, how to select a reputable manufacturer

## About HealthPointe and the "Lean For Life" Program

- ◆ Based on over 30 years of clinical data from the Lindora Clinics in Southern California
- ◆ Medically Approved
- ◆ Proven techniques to turn your body into a fat burning machine
- ◆ Uses real food in real portions
- ◆ Safe, rapid long-term results
- ◆ Available through private referral and in the workplace

