

# OMEGA *Design* GRAPHICS

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**BRANDING · PACKAGING · TRADE SHOWS  
DIGITAL ADS · STORE & DIGITAL COUPONS**

603-898-0019

[WWW.OMGRAFIX.COM](http://WWW.OMGRAFIX.COM)

# FOOD PACKAGING

- Retail Packaging
- Rebranding
- Private Label





# FOOD PACKAGING

- Retail Packaging
- Rebranding





# STORE BRAND PRIVATE LABEL

- Retail Packaging





# FOOD PACKAGING

- Retail Packaging
- Rebranding
- Private Label





- Printed Sleeves





# PRODUCT PACKAGING

- Printed Box





# MARKETING MATERIAL

- Brochures
- Business Cards
- Signage
- Tradeshow
- Banners


**WHY AYURVEDA WELLNESS HEALING?**

We are unique, just like your footprint. We offer a team approach when working with our clients. Whether you have a consultation or bodywork, we share recommendations with each other.

To help the client better understand their unique constitution, we also incorporate Numerology in our private consultations. This aides in all aspects of what we offer being consistent with our overall approach, helping you, the client achieve optimal health and wellbeing.

We are graduates of:


- ✿ Kerala Ayurveda Academy
- ✿ Yoga Spirit
- ✿ Swedish Institute of Massage




Thank you for the best massage that I ever had. I feel great thanks to you. I will be back!!!!  
Susan

I am so happy to tell you I have never felt better! You have helped me beyond words. Thank you, Thank you, Thank you!!!  
Linda


**Kim Sardo, AWP**  
A registered Ayurveda Practitioner with NAMA and offers one on one personal consults, seasonal cleansing programs and workshops.



**Wyndee Egan, AWP, RYT**  
A registered Ayurveda Practitioner with NAMA and offers private consults, private and group yoga and Ayurveda Cooking classes.



**Lynn Connor, LMT, RYT**  
A licensed massage therapist and is certified in Ayurveda bodywork treatments. She is also a certified yoga instructor.



To schedule an appointment:  
**978.852.0923**  
[www.ayurvedawellnesshealing.com](http://www.ayurvedawellnesshealing.com)  
[info@ayurvedawellnesshealing.com](mailto:info@ayurvedawellnesshealing.com)

**Ayurveda  
Wellness  
Healing, LLC.**



**BLOCKAGE IS DISEASE,  
FLOW IS HEALTH**

## WHAT IS AYURVEDA?

Ayurveda, also known as Ayurvedic Medicine, is the traditional medicine of India, which originated over 5,000 years ago and is considered to be the longest continuously practiced system of medicine.

Ayurveda provides both curative and preventive measures towards optimal physical, mental and spiritual well-being. The word "Ayurveda" is from the ancient Indian language, Sanskrit, and literally means "Knowledge of Life".

Inherent in Ayurvedic principles, is the concept that you are capable of taking charge of your own life and healing. Preferring to focus on the type of person who has the disease, rather than just understanding the type of disease the person has. Ayurveda is a patient-system of healing.

emphasizes re-establishing the body through diet, lifestyle, daily cleansing, and the health of the mind and spirit. In North America, considered a form of alternative medicine, whole medical system, meaning d on theories of health and h conditions.



## BENEFITS OF AYURVEDA:

- ✿ Personalized Treatment
- ✿ Natural Treatment
- ✿ Heals the Body & Mind
- ✿ Heals Skin Disorders
- ✿ Relaxes Central Nervous System
- ✿ Preventative
- ✿ Rid the Body of Ama (toxins)
- ✿ Promote Good Health

## AYURVEDA WELLNESS HEALING OFFERS:

### Ayurveda Consultation

Our wellness consultation is an in-depth 90-minute session to help address your health concerns and to "introduce you to yourself". During this consultation we get to thoroughly know you looking through the lens of Ayurveda by having you take a body constitution quiz (Dosha).

We discuss your body, bodily functions, food intake as well as the times you are eating your meals, examining the eyes, nails, tongue, general appearance and state of mind, all of which reveal places of balance and imbalance. Our job is to uncover and remove the cause/s that clutter your mind, senses, and body and restore you back to your original constitution so you may access your greatest potential for a healthy, vibrant and balanced life.

## SEVICES

In addition to consultations we offer a variety of therapeutic bodywork therapies.

- ✿ Abhyanga
- ✿ Swedish massage
- ✿ Marma Point Balancing
- ✿ Deep Tissue Massage
- ✿ Reflexology
- ✿ Cranial Sacral Therapy

## YOGA AND YOGA THERAPY

- ✿ Sister science of Ayurveda. It focuses on adapting your yoga practice to suit your unique constitution.

## MEDITATION

- ✿ Offers individual and group meditation classes for your unique constitution.

## NUMEROLOGY

- ✿ In our consultations we incorporate Numerology as another tool to better understand you.

## AYURVEDA COOKING CLASSES

- ✿ Offer one on one and group Ayurveda Cooking classes.



**"Blockage is disease, flow is health"**

**Lynn Connor**  
Licensed Massage Therapist

**Tel: 978.852.0923**

Like us on facebook@  
ayurveda wellness healing

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[www.ayurvedawellnesshealing.com](http://www.ayurvedawellnesshealing.com)



# BANNER ADS

- Digital, Social Media Ads
- Print Ads





# Magazine Ads

- In Store Magazine Ads
- In Store Banners
- Photography and Design





# Packaging





# Packaging







# Snack Food Design







Frozen Foods  
Design

# Manufacturers Coupons



**SAVE 50¢**  
ON ANY (1) JOSEPH'S PRODUCT

MANUFACTURER'S COUPON NO EXPIRATION DO NOT DOUBLE

TO THE RETAILER: Joseph's will reimburse you 50 cents plus 6¢ handling if you receive this coupon for the redemption of the Joseph's Products shown and if upon request, you submit evidence of purchase of thereof satisfactory to Joseph's. This coupon cannot be assigned, transferred or reproduced. Customer is responsible for any sales tax if required, void where prohibited, taxed, or restricted by law. Good only in the USA. Cash value .020¢. Coupon will not be honored if presented by outside agencies, brokers or others who are not retail distributors of Joseph's products or authorized by Joseph's. To redeem coupons: MAIL TO: Riverside Specialty Foods, Inc., 104 North Broadway, Suite 208, Salem, NH 03079. Any other use constitutes fraud. LIMIT ONE COUPON PER PURCHASE.



www.josephsfoods.com



MANUFACTURER'S COUPON EXPIRES: 11/30/19 DO NOT DOUBLE

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**Mama Rosie's**  
SINCE 1976

**SAVE \$1.00**

with the purchase  
of any (2) two  
Mama Rosie's Products



TO THE RETAILER: Mama Rosie's Co., Inc., will reimburse you \$1.00 plus 6¢ handling if you receive this coupon for the redemption of the Mama Rosie's products shown and if upon request, you submit evidence of purchase of thereof satisfactory to Mama Rosie's Co., Inc. This coupon cannot be assigned, transferred or reproduced. Customer is responsible for any sales tax if required. Void where prohibited, taxed, or restricted by law. Good only in the USA. Cash value .020¢. Coupon will not be honored if presented by outside agencies, brokers or others who are not retail distributors of Mama Rosie's products or authorized by Mama Rosie's. To redeem coupons: MAIL TO: Mama Rosie's Co., Inc., 10 Clarence Street, Boston, MA 02108. Any other use constitutes fraud. LIMIT ONE COUPON PER PURCHASE.



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## FLEET GRAPHICS

VANS

TRUCKS

CARS



THE BAD WRAP  
Premium Vehicle Wrap Templates



THE BAD WRAP  
Premium Vehicle Wrap Templates





	02013 green lentils	
		
		
	02018 pinto beans	02014 red split lentils
		
		
	02020 14 bean soup mix	02012 red kidney beans
		
		



Catalogs