



vitality integrative medicine

GIVE THE GIFT OF HEALTH

*In Celebration of our 12th year,
for 12 days only*



GIVE THE GIFT OF HEALTH

The Optimal Personalized Health Program for 2026:

- (a) Advanced Integrative Health Profile Assessment
- (b) Initial 2-hour Consultation
- (c) Review of Your Personal Health Goals
- (d) Development of **Your Personalized Therapeutic Plan**
- (e) A Written Report Outlining Your Plan in the short-term
- (f) A Personalized Health Road Map, for the long-term
- (g) Regular follow-ups (with 4h bank of one-on-one time!)
- (h) Exclusive Appointment Booking perks & more!

*Through 23-Nov-2025. Subject to policies and considerations.
\$1277 total. Savings of over 50%. Tax deductible. All sales final.*

**Personalized &
Comprehensive
Health Consultations**

**Navigation, Advocacy
& Investigations**

Where we focus on the
root cause of the problem,
not just masking symptoms...

**Board-Certified Clinician,
Advanced Fellow &
Licensed Pharmacist.**

Tara Maltman-Just,

B.Sc.(Pharm.), MS, ABAHP, FAARFM



HOW WE CAN HELP

**Prescription,
Natural Health Product,
Nutrition & Lifestyle Management**

- ✦ Health Navigator
- ✦ Hormones, BHRT
- ✦ Thyroid
- ✦ Stress
- ✦ Digestion
- ✦ Weight
- ✦ Brain fitness, Mood
- ✦ Immune Health
- ✦ Heart Health & more

Contact Us

204.505.0211

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Treating the Person, not just the disease...

www.vitalityintegrativemedicine.com