

We're here to Help

Do you struggle with:

- Weight gain
- Maintaining weight
- Nutrition
- Exercise
- Low energy
- Vitamin deficiency
- Body image
- Feeling discouraged
- Hopelessness
- Eating disorders
- Lack of support system

If you answered **yes** to any of these, contact us today!

Alium Health has several programs that could help.

Inspired Passionate Care
for Women



Contact Us

480-750-0095

aliumhealth.com

Convenient Appointment Times

Visit our website
for more information.



Most insurance(s) accepted.



Alium Health™



Weight Loss and Nutrition for Women

Learn to eat the
foods you **love**
while loving the
body you **create!**

