

ONSITE AND VIRTUAL APPOINTMENTS AVAILABLE



ARE YOU READY FOR A FRESH START?

Nutrition that works for YOU,
YOUR FAMILY & YOUR BUSINESS.

weight loss | sports nutrition
medical nutrition therapy
family and pediatric nutrition



New Client Special
1st Massage - \$10 OFF



Most health insurance
plans cover virtual
and onsite nutrition
sessions with no
out-of-pocket costs.

Day, evening and
weekend hours available.



Call our office or schedule online today!

610.454.7332 | bodymetrixpa.com

BUSINESS PROFILE

Bodymetrix

Bodymetrix is an industry-leading, out-patient health and wellness nutrition practice located right in Limerick. The practice first opened its doors in 1997 in Gilbertsville, and quickly became a recognized name in the surrounding community. In 2013, Bodymetrix moved locations to Limerick, expanding the services provided, to create the comprehensive experience our patients have come to know and trust.

Bodymetrix offers a team of qualified, licensed, Registered Dietitians who provide individualized counseling and coaching for weight management, specific medical conditions, performance/sports nutrition, corporate wellness, as well as pediatric and family sessions. Our step-by-step approach will transform your body and mind from the inside-out leading to healthier habits, improved lab results, and a stronger, healthier body. We are your teacher, coach, concierge, and biggest cheerleader as you move through your journey to revitalization, energy, and health. We offer virtual or onsite sessions, and most insurances now cover our nutrition services with no out-of-

pocket expense. We do offer complimentary verification of your coverage and benefit details.

In addition, our experienced, licensed massage therapists work with our clients for pain management and to improve circulation, flexibility, and joint range-of-motion through corrective bodywork. Our massage services include deep tissue, sports massage, medi-cupping, bamboo and related exercise prescription.

Our mission is to promote and support a state of wellness, optimal health, and mental well-being through education, dedication, and example. Our organization is built on the foundation of our customers' needs, and our entire team is committed to serving you. Academic and practical experience drive our team of health professionals, and we are motivated by and truly passionate about helping you improve and maintain optimal body functioning. Come in and find out why our office was ranked #1 in Montgomery County and has quickly become the area's top referral choice by medical professionals.

For additional information, please call 610.454.7332 and visit www.bodymetrixpa.com.

We're Here For All Your Ups & Downs



Serving Montgomery, Berks
and Chester Counties
& Surrounding Areas

HIC#: PA150881

25+ Years Experience!

Sales - Service - Installation - Residential - Commercial



Get a Free
Estimate

610.220.5168
info@bcgds.com

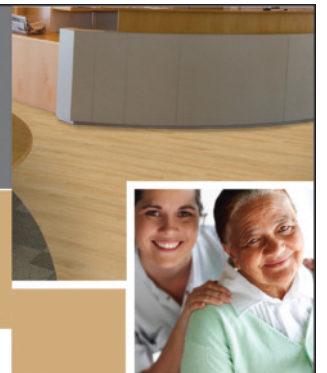
BCGARAGEDOORPRO.COM

C·O·R·E ELEMENTS

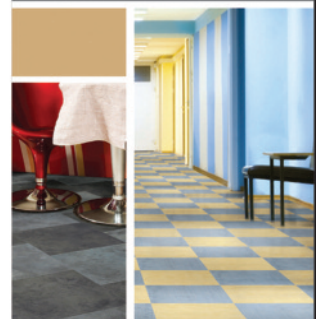
New flooring for your business
or workspace is easy as 1-2-3!

- STEP 1** SELECT YOUR SPACE
Identify your business segment and view sample boards featuring high-performance flooring products, specially selected to satisfy your unique needs.
- STEP 2** CHOOSE YOUR COLOR STORY
Professionally-designed, mix and match color schemes suit your space, your style and one another!
- STEP 3** PICK YOUR PRODUCTS
We extend the manufacturer's warranty on each flooring option and streamline the selection to make choosing easy!

Core Elements: Quite possibly the easiest business decision you'll make today!



FLOORING SOLUTIONS MADE SIMPLE



CHES-MONT CARPET ONE FLOOR & HOME®

Route 724, Parker Ford, PA 19457
5 minutes from the Limerick exit of Route 422

610-495-6211

www.chesmontcarpetone.com
LIC# PA0081672