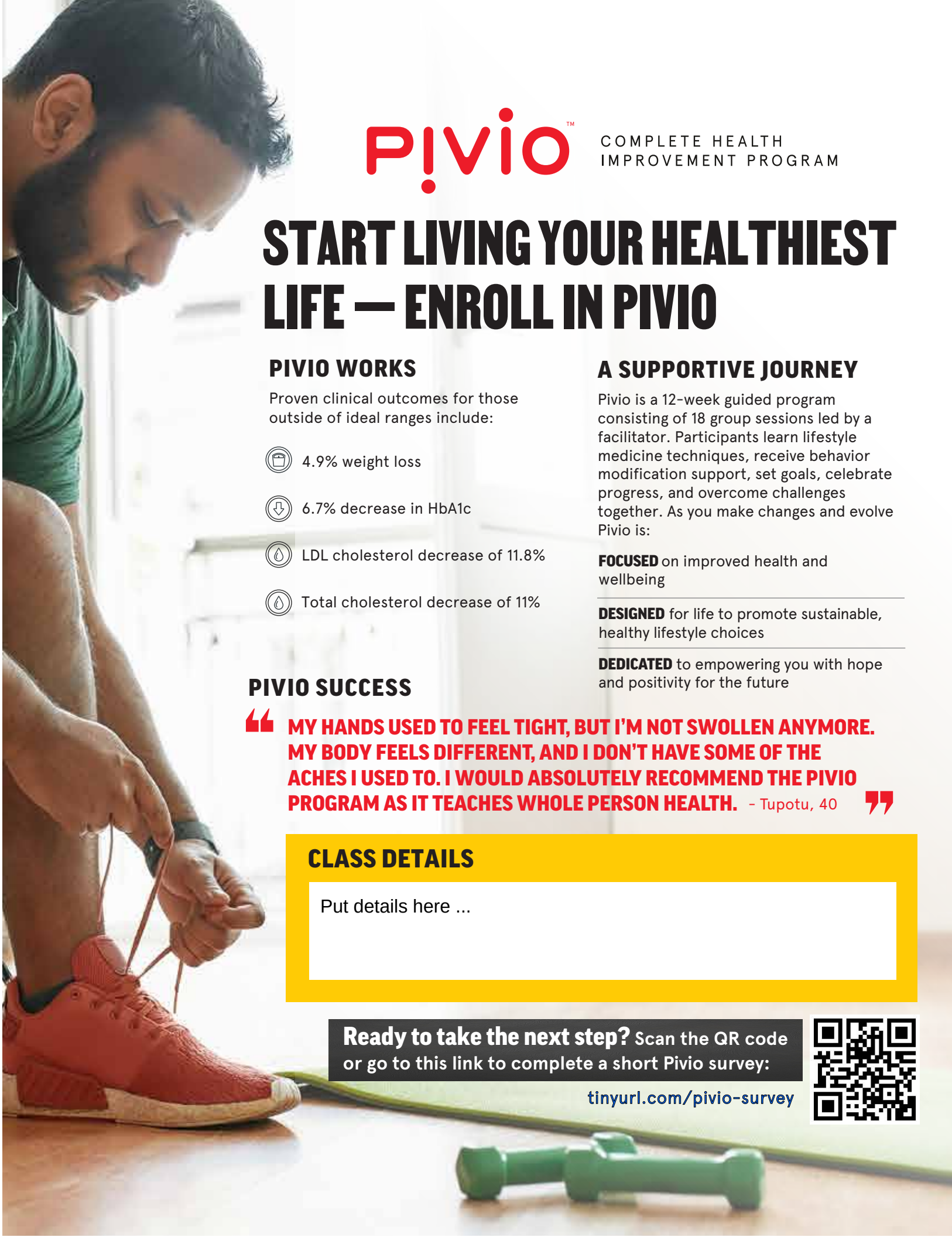

PIVIO™ COMPLETE HEALTH IMPROVEMENT PROGRAM

START LIVING YOUR HEALTHIEST LIFE — ENROLL IN PIVIO

PIVIO WORKS

Proven clinical outcomes for those outside of ideal ranges include:

- 4.9% weight loss
- 6.7% decrease in HbA1c
- LDL cholesterol decrease of 11.8%
- Total cholesterol decrease of 11%

A SUPPORTIVE JOURNEY

Pivio is a 12-week guided program consisting of 18 group sessions led by a facilitator. Participants learn lifestyle medicine techniques, receive behavior modification support, set goals, celebrate progress, and overcome challenges together. As you make changes and evolve Pivio is:

FOCUSED on improved health and wellbeing

DESIGNED for life to promote sustainable, healthy lifestyle choices

DEDICATED to empowering you with hope and positivity for the future

PIVIO SUCCESS

> **MY HANDS USED TO FEEL TIGHT, BUT I'M NOT SWOLLEN ANYMORE. MY BODY FEELS DIFFERENT, AND I DON'T HAVE SOME OF THE ACHES I USED TO. I WOULD ABSOLUTELY RECOMMEND THE PIVIO PROGRAM AS IT TEACHES WHOLE PERSON HEALTH.** - Tupotu, 40

CLASS DETAILS

Put details here ...

Ready to take the next step? Scan the QR code or go to this link to complete a short Pivio survey:

tinyurl.com/pivio-survey