



Dietary  
Counselling

Behavior  
Modification

Exercise  
Physiology

Flexible Program  
Options

See Our Patient's  
Success Stories

Schedule an  
appointment

E-Store

Contact Us

HOME

What is a Healthy  
Weight

What is a healthy  
weight  
-----  
Calculate BMI

Key Components of a  
Weight Loss Program

Exercise  
Physiology

Behavior  
Modification

Dietary Counselling

Flexible Program  
Options

About CMH

About CMH

Meet Our Team

Meet Our  
Patients

Getting Started

Getting Started  
( Link to contact us for one on  
one or fill out information sheet)

New Patient Forms

Program Fee  
Information

Financing Options

FAQs About Weight  
Loss Programs

FAQ  
About Weight Loss  
Programs

Patient Support

Patient Support

Contact Us

Contact Us

Register info./  
Existing patient  
click here to login  
MindBody Estore

Maps and Directions

See our Latest Offers  
TBD

Questions

Leads to Patient  
Survey Form

Legend

Call Out Boxes

Navigational Bar

Landing Pages

Sub Page