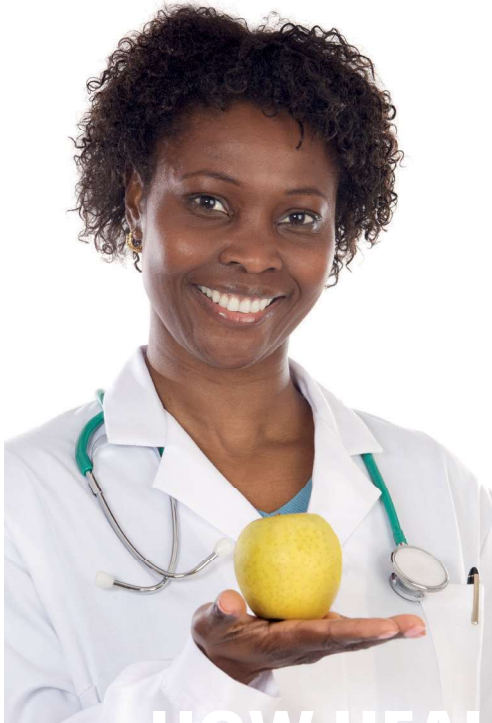


Dr. Kasenene
— WELLNESS —
Nutrition - Weight - Functional Medicine

Wellcare
GOOD HEALTH STARTS HERE



WE VALUE YOUR HEALTH

The old age saying
“An ounce of prevention is better
than a pound of cure” should be our
guiding principle in our quest for
optimal health and vitality

TAKE YOUR ANNUAL WELLNESS CHECK-UP WITH WELLCARE @ DR KASENENE'S WELLNESS CLINIC

A wellness check-up involves proactively assessing and evaluating your health on a regular basis to help you stay on top of your wellbeing and to detect any health problems as early as possible.

Annual wellness check-ups are and knowing how healthy you are essential to maintaining good health and should be part of everyone's yearly goals.

ALL OUR WELLNESS CHECK-UPS INCLUDE

- Comprehensive medical and lifestyle history
- A physical examination
- Laboratory testing and evaluation
- A wellness consultation with our Wellness Physician
- A dietary and nutrition assessment
- A wellness plan and prescription

As part of your wellness checkup, we will help you to set achievable wellness goals. We shall help you with healthy eating, advise on the best nutritional complements, adopting fitness into your life as well as help you achieve your PERFECT WEIGHT