

Wellness Center



Elisa Mercurio, DO

Functional Medicine addresses the whole person, not just an isolated set of symptoms. Patient-centered care is the hallmark of Functional Medicine and Elisa Mercurio, DO can support you in being an active partner to address factors that improve health and influence complex, chronic disease. Elisa Mercurio, DO and Julie McGinnis, PA-C are now seeing patients in the Wellness Center Building at 14A Tsienneto Road in Derry. To schedule an appointment with Dr. Mercurio, call 603-537-1300. **We also offer many group Functional Medicine programs and free info sessions listed below:**

Clear Change Metabolic Detoxification

- Identify food sensitivities to feel your best
 - Proven 28-day program that ensures adequate food and vitamins for daily activities
 - Free info session September 26, 6:30 pm at 14A Tsienneto Rd., Suite 300, Derry. Classes: Oct. 3, to Oct. 31.
- Register online or by calling 603-537-3033**

Healthy Renewal

- Lean how to eat the Mediterranean way to manage chronic conditions such as high blood pressure, high cholesterol, weight issues and more.
 - Free info session September 22, 6:30 pm, Wellness Center.
- Register online or by calling 603-537-3033.**

Cooking for Health—Sauerkraut

- Learn the digestive benefits of fermented foods and sample delicious homemade sauerkraut with Dr. Ted Brooks.
 - Monday, November 7, 6:00 pm-7:00 pm, Wellness Center, Derry.
- Register online or by calling 603-537-3033**

Wellness 180

- Reverse the onset of pre-diabetes and manage diabetes through a diet and lifestyle change program. (includes fitness classes)
 - Next class @ Wellness Center, August 24 – September 28, 9:30 am; @ Windham, October 5 – November 9, 5:30 pm
- Register online or by calling 603-537-3033**

Accelerated Weight Loss

If you are tired of yo-yo dieting and ready to try an approach with a lasting impact, HMR/Weight Sense or Healthy Transformation may be the perfect program for you.



HMR/Weight Sense is a medically supervised program that uses meal replacements and provides intensive lifestyle education, and nutritionally complete diets. **Free info session at the Wellness Center every Wednesday from 5:00 pm-6:00 pm, and every Monday from 12:15 pm-1:15 pm. Now also in Londonderry! Free info sessions on Mondays 6:00 pm-7:00 pm—First Londonderry class begins Tuesday, October 4, 2016.**

Healthy Transformation is a clinically designed food plan for accelerated weight loss based upon the Mediterranean diet. **Free info sessions every Tuesday in Derry 5:15-6:15 pm. Register online or by calling 603-537-3033.**

Nutrition Counseling

- Meet with our Registered Dietitians for the latest in nutrition counseling for weight loss, heart disease, diabetes, or other chronic disease issues.
- Call 603-537-1300 to make an appointment**

Other Classes:

Beat the Pack

- Tobacco Cessation class to quit for good!
 - Free info session on Oct 18, 5:30 pm at 6 Tsienneto Rd., Classes Oct 25 – Nov 29
- Register online or by calling 603-537-3033**

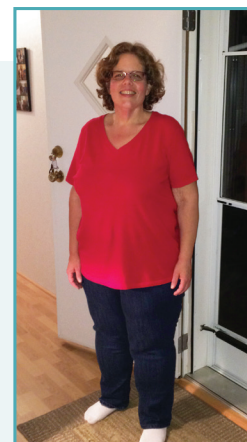
Life Beyond Pain

- Join our on-going supportive group to help better manage pain with coping skills to reduce stress, guided meditation, and mindful movement for your level
 - Next classes begin Sept. 7; Oct. 26; Dec. 14 1:30-3:00 pm
- Register online or by calling 603-537-3033**

**Lisa lost
132 pounds
in 10
months!**



3/2015



1/2016

Derry Medical Fitness Studio is an ideal place for small group training and fitness. Our inviting Fitness Studio offers a full complement of more than 40 weekly classes in a friendly, non-intimidating setting. Classes include yoga, Pilates, TRX, senior series, cardio circuit, Zumba, and more, including personal training. Give us a try! **Free 7-day fitness trial in Derry. Call 603-537-3032 for details.**

“The fitness studio helped me a lot with my stress level. I came at first for weight management, but found the exercise helps with my sleep, stress and mood. The yoga classes are a huge stress reliever but also taught me to “breathe” and relax throughout the day.” —JoAnn U.