



www.elan-wellnessclinics.com

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“élan-wellness”

Dr.Hemat fouad

OCT.2023

élan journey

Dr Hemat Fouad

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élan™

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Introduction

élan™

life has become fast-paced, changing some of the personality traits we love, making us suffer.

élan is a “daily companion” that helps you face life's challenges.

We start by understanding your needs and goals, so that we can create a “personalized journey” towards a quality of life.

“
who
,
we’re
”

élan™

Holistic wellness clinics
that focus on
elevate the quality of
life of our Clients

With a new medical and
therapeutic approach

Holistic wellness
towards their a
" MIND, BODY & SOUL"

“
who
,
we’re”

élan™

Synergetic
multidisciplinary team

- Holistic nutrition.
- Breast feeding.
- Psychology.
- Mindfulness & life coaching.
- Dance movement therapy.
- Therapeutic massage & fitness.

“
élan
journey”

élan™

We join you on a daily journey through life, seeing our lives from a new perspective, finding solutions to problems, and learning how to treat our bodies, minds, and souls.

“We color the world around us with new eyes”.

“
élan
journey”

élan starts with you
a sustainable journey that
spans all chapters of life.

élan™



0-2 years
breastfeeding period



2-18 years
growth period &
adolescence



18-25 years
adolescence &
early adulthood



élan
journey



25-45 years
motherhood



45-60
self care &
preventive medicine

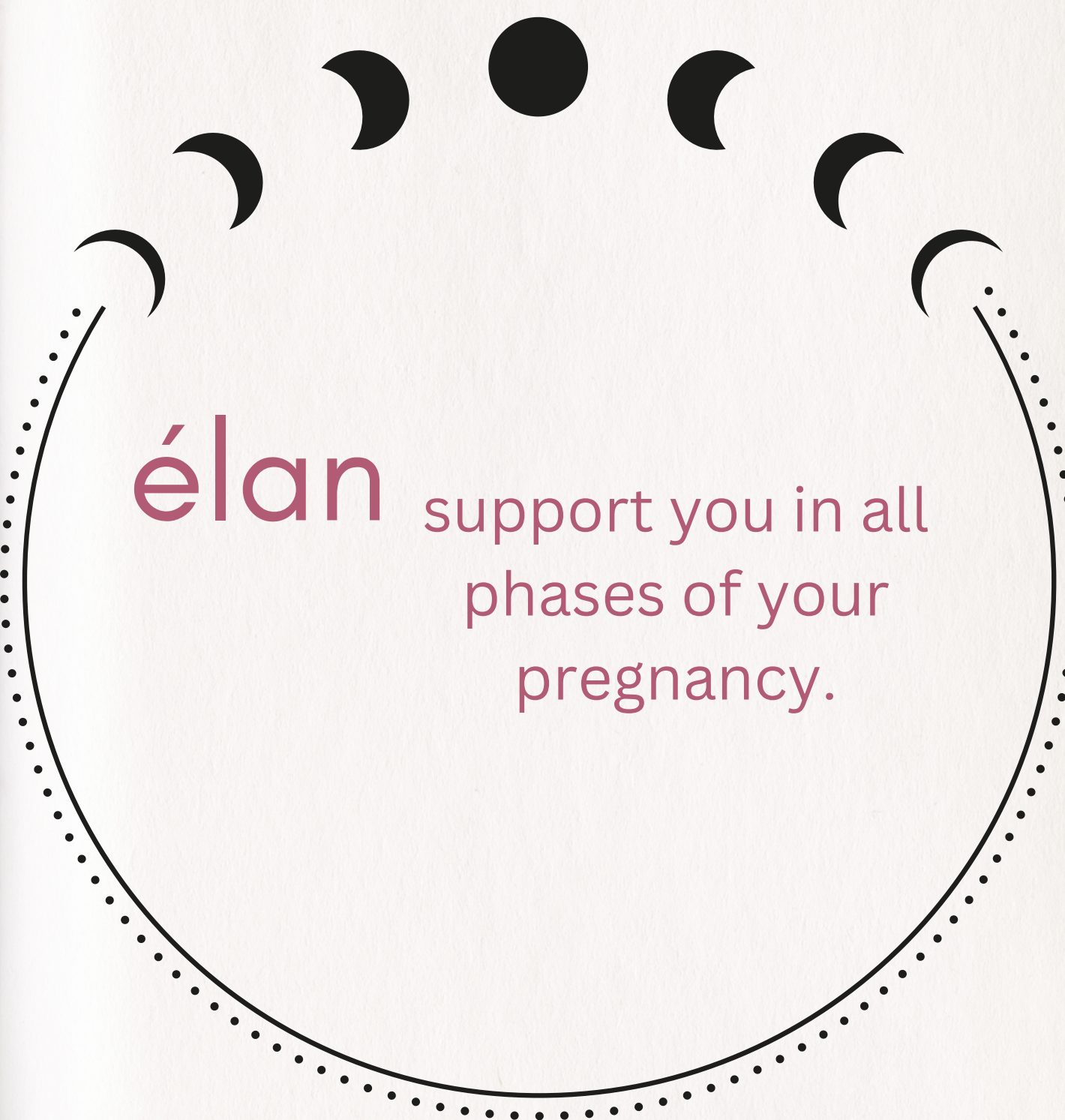
60 & Above
geriatric period &
quality of life

élanTM



“
élan
journey”

élan™



élan support you in all
phases of your
pregnancy.

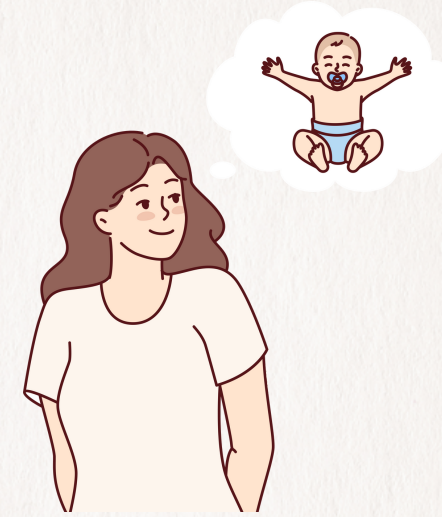
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élan

journey”

élan™

pre-pregnancy
know how
planning-keep
healthy-mind
stable.



During pregnancy
healthy nutrients-
deal with changes.

post pregnancy
mom for first time-
baby issues



“Keep in touch”

élan™

élan™

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,Mostafa kamel ,Alex

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