

Get Smart. Get Active.®

"A to Zinc"

Separating fact from fiction
when it comes to vitamins,
dietary supplements & prescription drugs.

Thurs., Sept. 29, 2011
Valley Church, West Des Moines
6 - 9 p.m.

Americans spend **billions of dollars** a year on
vitamins & dietary supplements.

But are they really safe?

Find out the real story when you join us on Thursday, Sept. 29 from 6 to 9 p.m. for an informative and eye-opening presentation sponsored by Andrea Burgess, owner of Active Body Needs.

"A to Zinc" Separating fact from fiction when it comes to vitamins, dietary supplements & prescription drugs will give you the knowledge and resources you need to make an immediate and positive impact on your everyday life.

Cost: \$5 (\$200 value)

Register now!
Call 515-447-9460

Speakers

Deo Guidry, Doctor of Chiropractic and clinical nutritionist at Nutrition Marketplace

Steve Weiss, Former pharmacist, now holistic health and nutrition counselor and owner of Nutrition Marketplace

Key Topics

- Smart Way to Healthy Weight Loss
- Rx & Supplements: Friends or Foes?
- Choose the Right Supplements
- Better Nutrition in a Pill:
Is it Really Possible?
- Get Proactive: Early
Detection & Prevention

Prize Giveaways

- Therapeutic Massage
- Nutritional Counseling
- WON - Weight Off
Now Sessions
- Health Food & More

Sponsored by:



Sponsored by:

