



Special Presentation

Beat the bugs: Staying Healthy This Season

Saturday, Nov. 19th
3:30– 4:30 p.m.
@ Total Therapy

Tired of getting sick? Build a better immune system and boost your well-being!

- Learn nutritional tricks to enhance your health
- Sample immune-boosting treats
- Receive valuable take-home materials

Space is limited. Register today!

Pre-register: \$15

*register with a friend, and
get the 2nd ticket for ½ off!

At the door: \$18

*Hosted by Liliana Tasic, RHN