

# W O N E & W E L L N E S S

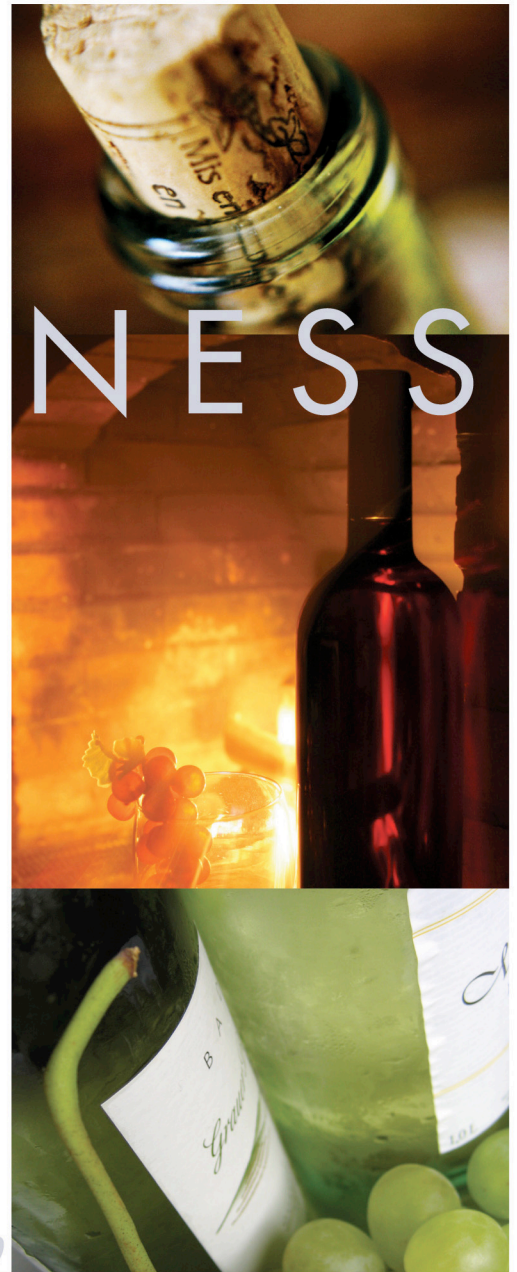
If you had the opportunity to learn how to reduce:

- Your best friend's risk of **CANCER...**
- Your spouse's risk of **HEART DISEASE...**
- Your child's risk of **DIABETES...**
- Your parent's risk of **ALZHEIMER'S...**
- Your own risk of **all DEGENERATIVE DISEASES...**

Wouldn't you want to know how?

Come learn about disease prevention!

Bring a friend or family member. Have fun, relax and learn to get healthier together!



*Eat, Drink & Be Healthy*

Wednesday, December 14th @ 7:00 pm

Hosted by Erica Self & Jenna Braddock • 2020 N Cranbrook Ave 32092

RSVP: 850-591-99988 or [jbraddockrd@gmail.com](mailto:jbraddockrd@gmail.com)

*"Natural forces within us are the true healers . . . let food be thy medicine!"*

*-Hippocrates*

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