

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



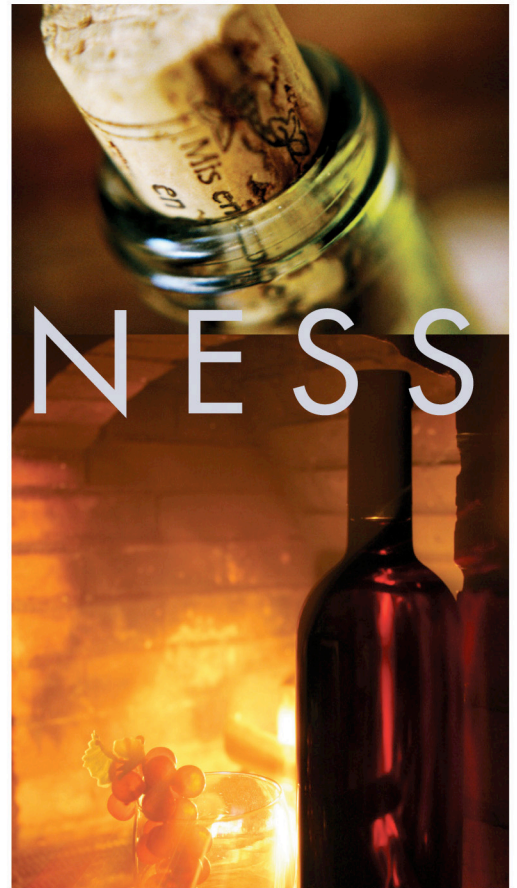
If you had the opportunity to learn how to reduce:

- 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

Thursday, December 15th @ 7:00 pm

Hosted by Michelle Moore and Jenna Braddock, RD•

4455 M Manucy Rd St. Augustine, FL 32084

RSVP: 850-591-9988 or jbraddockrd@gmail.com

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

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