

The Lunch and Learn Wellness Workshop Series:

“The 5 Secrets to Looking and Feeling Younger”

Our life expectancy keeps creeping higher and higher due to advances in medicine. That’s good, right? Or does it just mean that you should invest in nursing homes and assisted living facilities!

What you will learn at this workshop:

- Do you want to know the #1 factor that will determine if you will live a long and healthy life? You’ll have to come to find out.
- I’ll show you the role of food in this equation... and give you some simple, easy to understand guidelines about what to put in your body and when.
- What about water? I’ll give you the low down?
- I’ll show you the best exercises for longevity too.
- And much more.

The workshop is ½ hour long and done on your lunch time. It is hands-on...limited to the first 6 people who sign-up. You will leave with information that can immediately help help you look and feel younger. I will serve you a tasty and nutritious lunch too! And we will raffle off prizes(movies theatre tickets, massages, etc.).

DATE: _____ TIME: _____

To Sign up: _____

Guest Speaker: Dr. Joseph M. Casalino IV, D.C.
Corporate Wellness Consultant

LUNCH WILL BE PROVIDED