



REN DAO Wellness Center

6-8 Wells Avenue
Yonkers New York
914-548-7585

Common Sense Eating for Health

Saturday – April 19th, 4:00pm to 5:00pm.

Spring is a time for change. Making a few small changes in the way you eat can reap huge benefits for your health.

Learning a few simple common sense guidelines to eat for health. The talk will cover whole foods, supplements, bowel health and stress reduction.



Common Sense Eating can help:

Maintain a healthy body.
Protect against illness and disease.
Reduce the effects of aging.
Protect the body from environmental pollution and toxins.

Reduce fatigue and increase energy.
Reduce and help maintain a healthy weight.
Reduce symptoms of diabetes, high blood pressure and high cholesterol.

- Date: April 19th 2007
- Time: Saturday, 4:00 - 5:00
- Location: REN DAO Wellness Center, 6 - 8 Wells Ave

For information call: Mike Kelly @ 914-548-7585
REN DAO Wellness Center 6 - 8 Wells Avenue - Yonkers, NY

REN-DAO.COM
