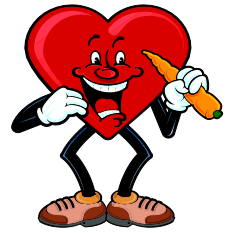


Nutrition for a Healthy Heart



This **FREE** seminar will discuss the risk factors associated with heart disease and provide you with the knowledge of what are heart healthy foods, and how they will help you take control of your health and reduce your risk of heart disease

When: **May 2, 2010 at 10:45am**

Speaker: **Ryan Sullivan, BS Nutrition**

To Register Contact: **Barbara Pagourgis, BS, CSCS**
978-852-0226

Laura Z. Morris
508-577-3711

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Bonus: **\$25.00 off 8 week Nu-fit program for ALL Attendees**