

In honor of Men's Month HealthWalk presents:

Nutrition - Your Path for Prevention, Performance and Productivity

Nutrition is an essential part of a healthy lifestyle. Discover the healthiest options for your daily life. Learn what foods will help reduce your risk of disease and what foods fuel your body for optimal performance and productivity.

Join Janelle Deeds, Certified Nutrition Consultant to discover healthy dietary choices to support your health and well being. This one-hour workshop has an emphasis on the nutritional needs of men and their supportive partners.

Nutrition Tip:

Antioxidants found in olives have been shown both to raise HDL (good) cholesterol and lower LDL (bad) cholesterol, making olive oil a doubly potent protector against cardiovascular disease.

Wednesday June 25, 2008
7:00pm to 8:00pm
Cost: \$25 per person, or bring a friend and you will receive the discounted rate of \$35 for two.

Register today online at
www.healthwalk.com
Or call 760-929-1520, toll free 877-255-4703



This event is held at the HealthWalk offices located at 5825 Avenida Encinas, Ste. 111, Carlsbad, CA 92008



HealthWalkTM
Your Path to Vibrant HealthTM