

PREVENTION *Plus* +

Health Education Series

presents

HOW TO LOOK & FEEL BEAUTIFUL INSIDE AND OUT



featuring
Dr. Mitra Ray
Research Scientist
and Author

Develop new strategies to look and perform your best! Join us for a dynamic dinner presentation that will provide answers regarding diet and nutrition.

- **Why eating more plants is essential for optimal health and fitness**
- **How to protect yourself and your family from degenerative diseases**
- **How the skin is a reflection of the total “State of the Body”**
- **How to make a difference at a cellular level**

After her amazing presentation, you'll have a new sense of the forces that govern the human body and how you can harness them to take you FROM HERE TO LONGEVITY!

Dr. Ray is the author of the popular book and audio series *From Here to Longevity* with over half-a-million audios and books in print.

Her latest book is entitled *Do You Have the Guts to Be Beautiful*

To sign up for her free e-newsletter, go to:

www.drmitraray.com

You Are Invited to a Health Education Dinner Seminar

Friday – March 5, 2010

Dinner – 6:00 PM (doors open at 5:45 PM)

Presentation – 7:00 PM

Ritz Charles Conference Center

9000 West 137th Street Overland Park, KS 66221

(From I-435 South exit onto Hwy. 69 South. Exit right (West) on 135th Street. Drive to Antioch and turn left (South) to 137th Street. Ritz Charles in a large bldg. with pink roof on right.)

\$23 Per Person (Table rounds of 8)

Reservations due by February 27th to www.TeamKC.com

Please specify entree of chicken or portabella mushroom (vegan)

Lorrie Glass Coffman 913-269-7990

lorrie@hourglassfitnessandwellness.com

Sponsored by:

Juice PLUS+