



Upcoming FREE Seminars at Colorado Springs

7690 N. Academy, Colorado Springs, CO 80920

PLAN-D: THE AMAZING ANTI-DIET THAT WILL CHANGE YOUR LIFE FOREVER



As someone who lost 100 pounds herself and has kept it off for over 17 years, Organic Chemist, Diet Counselor and book author, Dee McCaffrey, will share her expertise for healthy living and weight management. Finally, a tasty way to lose weight and keep it off for good!



Friday, July 16th, 1:00 P.M.

Presented by Dee McCaffrey, CDC

OMEGA 3 CUISINE

Colorado author, Alan Roettinger, will introduce his cookbooks *Omega 3 Cuisine* and the newly published *Speed Vegan*. Learn the benefits of incorporating omega-3 fats and delicious veggies easily into your daily diet. The presentation will include proper handling of essential fats, a demonstration of quick and easy recipes from the books, and a delectable taste of healthy fare.



Tuesday, July 20th, 6:00 P.M.

Presented by Alan Roettinger

BONE HEALTH!

Sponsored by Country Life. What practical strategy can you employ to keep your bones healthy? How do you include dietary supplements, diet, and exercise? Country Life's nutritional expert, Jason Mitchell, will discuss a sensible plan you can use to support bone health including a new supplement called Bone Solid.



Thursday, July 29th, 6:00 P.M.

Presented by Jason Mitchell

Reservations not necessary. Seating is limited-- First Come, First Seated. Questions? Call Pat 303-986-4600 x118

Additional free seminar listings at www.Naturalspeakers.com

Key:



Book Signing



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