

WELLNESS SEMINAR



**You're
INVITED**

LETTUCE GET TOGETHER! Time to be HEALTHIER!

Date: _____ **Time** _____

Place: _____

Contact: _____ **Phone:** _____

TOPIC: FENDING OFF STRESS, FATIGUE and AGING!

- Need more Energy?
- Tired of being TIRED?
- Tired of being SICK?
- Unable to cope with life's stressors?
- Feeling overwhelmed & undermotivated?

Our speaker, CHERYL WAITS, is the owner of Life Changing Ways, a career development, wealth and wellness center since 1987. She is a nutrition consultant, public speaker and Registered Nurse, and offers professional services in life and health coaching. She faced many health challenges of her own, including severe asthma and allergies.

Come hear how Cheryl experienced almost full recovery with nutrition and whole-food supplements through GNLD! . . . And how you can too!

BENEFITS TO YOU

Find the answers to....

- *Live longer*
- *Have more energy*
- *Slow down the aging process*
- *Look younger*
- *Feel better*

GNLD: Good Nutrition = Less Disease!