



THE LINK BETWEEN NUTRITION AND WELLNESS

PRESENTED BY BRIAN MOSELLE, INTEGRATED HEALTH SERVICES

**HAVE YOU EVER
EXPERIENCED
ANY OF THESE
SYMPTOMS?**



**HEADACHES
FREQUENT ILLNESS
LACK OF ENERGY
TIREDNESS OR FATIGUE
LACK OF CONCENTRATION
DIGESTIVE TROUBLES
CONSTANT STATE OF HUNGER**

If you answered YES to any of these, please join us for a fun and informative discussion that will provide resources to help improve your health and well-being. You will even learn some simple ways to alleviate and potentially reverse these symptoms without the use of pharmaceuticals.

DATE & TIME:
Wednesday,
November 7th
7:00-8:00pm
Followed by Q&A

LOCATION:
Tree of Life Wellness Center
5676 LaCentre Ave NE
Albertville, MN 55301



Integrated
HEALTH SERVICES