



The Optimum Diet and Nutritional Supplements for Health and Healing

You are invited to attend our health seminar with **M. Chris Link, M.D.**
Sign up for one of the sessions below.

Tuesday, Jan. 5 • 6:30-8 p.m.

or

Saturday, Jan. 9 • 9-10:30 a.m.



M. Chris Link, M.D.

Tunnell/Wherritt Community Conference Center
at Capital Region Medical Center • Enter through the main entrance.

One hour lecture with 30 minutes for questions.

This event is **FREE** and **open to the public**, but seating is limited.

Please register online at
www.crmc.org/events or
by calling **573-632-5593**.



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