

Learn practical nutrition tips and techniques for improving your quality of life



HEALTHY CHOICES

**You are invited to join the upcoming
Whole Body Health Presentation
“Gut Health”**

Come along and find out...

- ✓ What ‘Gut Health’ is
- ✓ Why it is so important
- ✓ How you can express optimum health by *loving your guts*

Wednesday 12th October 2016 7pm, approx 1 hour

Location: Casey Allied Health, 54 Kangan Drive Berwick
admin@caseyalliedhealth.com.au

Presenter: Nutrition Health Coach Lyndall Wright

Limited seats available. \$22.00 each.

Secure your seats by calling 8774 9600 TODAY or book at Reception



casey allied
HEALTH

Promoting Healthier & Happier Lives

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