



Attend Our Health Day Seminar

The importance of
a Balanced Life...

Nutrition

Exercise

Emotional Balance

You're invited to attend a Health Day seminar featuring **Lauren Abramsohn**, Registered Nutritionist and Certified Personal Trainer, to learn what you can do to create a balanced life.

Lauren is the founder of Personal Health, a company that provides wellness programs which combine education, nutrition, exercise and lifestyle coaching to ensure her clients achieve optimal health.

Lauren regularly presents seminars on health, wellness and lifestyle change. She has genuine passion, knowledge and real-life anecdotes that ensure participants feel informed, motivated and empowered to create change in their life.

Seating is limited, so register now by calling 1-800-461-3438 • Registration fee: Distributor \$5.00, Guest FREE



Lifestyles Canada
8100 Keele Street, Suite 1000
Vaughan, Ontario

Date: Saturday, May 27th, 2006
Time: 10:00am

www.lifestyles.net