

EveryDay Fitness and Training

FREE Nutrition Seminar - Eating For Results

Date: April 24, 2010

Time: 11:30 a.m.

Where: EveryDay Fitness - 2345 Athens Ave

Do any of these describe you:

- Tired
- Moody
- Poor sleep habits
- Craving carbs and sugars like potato chips, candy, pizza, french fries, etc
- Inability to concentrate
- Inability to cope with day to day pressures



Please join us as Ed White helps you understand how all of the symptoms above can be minimized or even eliminated by your choice of food. Note what others have said about this seminar:

- "What a great wake up on nutrition!"
- "It was given in a way that was not over my head. Anyone could understand!"
- "If you are interested in changing your lifestyle this presentation will help you understand how and why changes are necessary."

2345 Athens Avenue
Redding CA 96001

Ph: 530-246-1902 Web: www.edfitness.com