



## MAKING FOOD & FITNESS A FAMILY AFFAIR

Join us for our Wellness Hour and learn:

- How nutrition impacts the health of men, women and children
- Simple lifestyle changes to reduce your risk of heart disease, cancer, arthritis and diabetes
- Healthy Recipes & Family Tips
- Vitamin myths
- A simple solution for adding more fruits and vegetables into your diet

Dates: Tuesday, July 8 & Thursday, July 17

Time: 7:00 to 8:30 pm

Place: Celeste Hill's Home

RSVP: Celeste Hill 530-295-7264

We will be watching an informative DVD with:

**Dr. Rick Du Bois** - Chief of Internal Medicine (Atlanta Med. Center)

**Dr. William Sears** - Pediatrician (AskDrSears.com)

**Dr. Delia Garcia** - Radiation Oncologist

**Dr. Mitra Ray** - Ph.D. Stanford University

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