

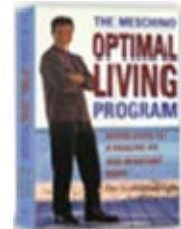
FREE Nutrition Seminar with



Dr. James Meschino D.C., M.S., N.D.

- Faculty member of the American Council on Exercise (ACE)
- Associate professor at the Canadian Memorial Chiropractic College (CMCC) since 1984
- Research and clinical director of the ReniSante Institute of Integrative Medicine
- Regular nutrition and healthy aging columnist for *Canadian Health and Lifestyle Magazine* and *Sharp Magazine*
- Author of four nutrition wellness and healthy aging books including *The Meschino Optimal Living Program*

***Women's Nutrition: A Valuable Message
That No Woman Can Afford to Miss***



Dr. Meschino will highlight the unique nutritional needs of women with respect to:

- The 10 steps to reduce risk of breast cancer and other reproductive cancers
- How to burn fat more efficiently and lose excess weight without dieting
- Slowing and reversing skin aging
- Solving post-meal bloating problems
- Preventing heart disease – the leading cause of death in women over 50
- Preventing and managing osteoporosis (and osteopenia)

In recent years we have learned that certain nutritional factors in foods and supplements can block key steps in the development of breast cancer, heart disease, and osteoporosis. Women also have different metabolic challenges than men with respect to weight management, the digestive process, skin aging, and the development of breast cancer and osteoporosis. As such, in addition to regular medical check ups, women need to be aware of the specific proactive strategies that have been shown to give them the best anti-aging, weight management, and disease prevention result.

Thursday, November 26th

7:00 pm - 8:30 pm

To Register: 705-446-3030

or 1-877-637-4040

or email:

seminars@meschinohealth.com

Collingwood Seminar

Location:

Leisure Time Club

100 Minnesota St.

(At Simcoe St.)

Room # 4

Take Dr. Meschino's *FREE* online

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