

**EVERYTHING YOU WANTED TO KNOW ABOUT  
NUTRITION AND SUPPLEMENTS BUT WERE  
AFRAID TO ASK...**

**FitnessArts**

**PRESENTS**

**OPTIMAL HEALTH**

**SATURDAY, TBD, 2010**

**11:00PM TO 12:00PM**

**FREE**

**“Nutrition that Really Works”**

Mia Scheid and other Certified Nutritionists will be here to answer all of your questions about nutrition and discuss optimal health.

Learn how nutrition and non-toxic supplements can bring your body back to optimal health, whether you have chronic health concerns, occasional problems, or if you just want to discover a new level of health.

Join us and take the confusion out of your vitamin and supplemental needs once and for all. Learn how to take charge of your health!

**Space is limited. Sign up now!!  
847-397-2787 or [www.fitnessarts.org](http://www.fitnessarts.org)**