



7 Secrets to Being Chronically Healthy!

HINT: The flu shot ISN'T one of them!!!

Are You?

- **AWARE** of WHY the flu vaccine has been **banned** in some countries?
- **Sick** more than once per year?
- Striving to avoid medication, since it **IS NOT** the **safest, most effective** answer?



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- **Worried** about your or your child's health this winter?
- **Concerned** about the long term effects of antibiotics?
- **Frustrated** that you get sick while others do not?
- Knowledgeable about what is IN a FLU Vaccine?
- Wanting to know the **MYTHS** behind *orange juice*?

Free Community Presentation!



If you answered YES to any of the above this is a MUST SEE!
Tuesday, October 18th, 7:00 PM
@ CrossFit Bismarck
 RSVP – 701.751.3210
 ~~Seating is Limited!

