

*Give Yourself & Your Family the Gift of Health*



*Please Join Us For A*

# *Holiday & Health Party*



**Maximize your energy and joy in living! Join us for wine, healthy snacks, and a discussion on ways we can create health and longevity through optimal, whole food nutrition. Ideas to...**

- ✓ Support our immune systems (cold and flu season is here)
- ✓ Reduce our risk of cancer, heart disease, hypertension, diabetes, colds and flu, and more
- ✓ Reduce damage to DNA
- ✓ Raise the levels of antioxidants in the blood
- ✓ Make better food choices for our families – what are “build up” foods and “tear down” foods?
- ✓ Learn about the benefits of the whole-food based supplement

*Juice PLUS+*

**Discover an easy way to add 15+ raw fruits and vegetables to your daily diet**

**Sunday, December 11<sup>th</sup> 4:00-5:30 P.M. or  
Monday, December 12<sup>th</sup> 7:00-8:30 P.M**

**3289 Homestead Lane  
Santa Rosa**

*Please RSVP for Directions:*

**Joanna Rebelgale 888-7546 or [jr4jp@sonic.net](mailto:jr4jp@sonic.net)  
Gail Dubinsky MD 829-7596 or [Dubinsky@rxxyoga.com](mailto:Dubinsky@rxxyoga.com)**