

Learn Strategies For Living An Optimal Life!

Date: _____

Where: _____

Learn about the nutritional connection to living a successful life

- Maintaining vibrant health
- Weight-loss
- Strategies to stay energized throughout the day

Learn about the emotional connection to living a successful life

- Identifying emotional blocks
- Techniques to quickly release negative emotions

Learn about the exercise connection to living a successful life

- How much exercise is really needed
- The pitfalls of over/under exercising
- Easy ways to implement exercise into your daily routine

**Attendees will receive a
Free DVD and guide**

**Athena Delmontie and Donald Frustaglio are health advisors and mentors for many.
Their mission statement: To get America healthy one mind and body at a time.
Attend this informative seminar and hear what they have to share; it may change your life!**



*Donald lost 54 pounds
in 16 weeks - you can too!*



August 15, 2006

May 17, 2006

*Athena dropped from a size
16 to a size 6 in 12 weeks*