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Ben Dearman, BS, CSCS, USAW, MTS, YCS

Dr. Court Vreeland, DC, DACNB

Present:

10 Things You Aren't Doing For Your Heart

Get the answer to these questions:

- What should I eat?
 - What kind of exercise should I do?
 - Do supplements help?
 - What is hsCRP and why should I know?
 - What tests need to be done?
 - What isn't your doctor telling you?
- Plus many more!*

Thursday, February 24th at 6:30pm
\$20 per person – Limited Seating!

250 Bank Street Extension
Lower Level
Lebanon, NH 03766

RSVP by February 21st!

Call: (802)-649-3122 or
Email: info@vreelandclinic.com

**Free to KDR clients and
Vreeland Clinic patients.
Bring a Friend!**

**Heart Healthy Snacks
You've Never Tried But
Will Wish You Had.**