

*Come join us for a FREE Class on*



Joe Beldonza, Clinical Nutritionist  
Hormone Specialist

Allergies  
Flu and Colds  
Immune System  
Weakness

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## **ARE YOU SICK OF GETTING SICK?**

Allergies, Influenza, Colds may be signs of a  
**WEAK IMMUNE SYSTEM.**

Learn how they can be **PREVENTED AND GET RELIEF**  
with natural medicine.

Join us for an **INTERACTIVE CLASS** on Tuesday

**JULY 7**

**7:00 – 8:00 PM**

At

**NEW HOLLAND RECREATION CENTER**

**N SHIRK RD NEW HOLLAND**

717-354-4747

**SEATING IS LIMITED ▪ SIGN UP AT THE FRONT DESK OR CALL  
TO RESERVE YOUR SPACE**



Nutrition Services & Supplements  
Hours by Appointment  
Locations throughout  
Lancaster County

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