



FREE Nutrition Seminar

What to Eat or Not to Eat?
That is the Question

Join me to get the answer:

Date: Saturday, January 22, 2011

Time: 10:00 am—11:30 am

Place: 755 Hwy 105, Unit 12

Palmer Lake, CO

Topics:

- Food Myths
- Processed vs. Real Food
- How to Plan Healthy Meals
- Supplements

Bob Bader, NSCA-CPT,
Owner of Real World
Personal Training

Phone: 232-4386

Web: www.bobbader.com