

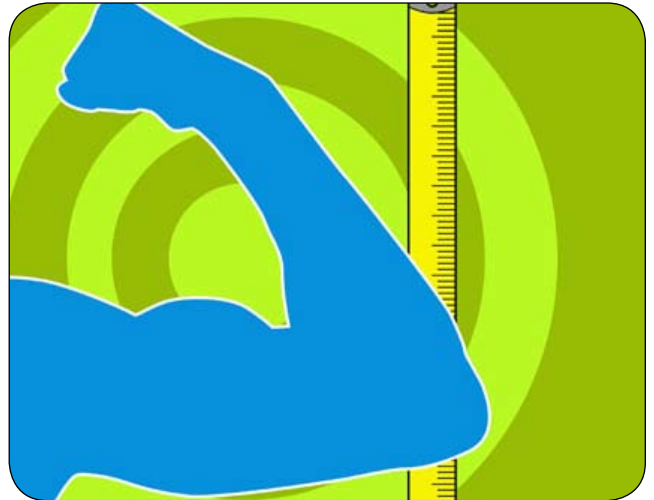
Nutrition Seminar:

BOOSTING your IMMUNE SYSTEM

with Debbie Allen, Holistic Nutritionist

Avoid the H1N1 virus

Part 1: Learn how you
can boost your immune
system through
nutrition.



Monday, November 23

7:00-8:00pm

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Cost: \$10.00_{+gst} (non-members welcome)

(FREE to Cross Training Challengers)

Gilford Room
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Please sign up at the Fitness Desk.



Part 2: A seminar on the Flu Shot and Alternatives will be offered Monday, January 25 at 7:00pm.