

SEE YOURSELF HEALTHIER



Marco Vespignani, ND

Doctor of Naturopathic
Medicine at the
Institute for
Restorative Health.

Some of us want to be healthier but don't know where to start, and the rest of us know exactly what we need to do to be healthy, but just can't seem to take the steps to make it happen.

HEALTHIER is a workshop offered at the Institute for Restorative Health to jump start all attendees to healthy living by providing the most up to date information on health and balanced living.

This step-by-step lifestyle modification program was developed by Dr. Marco Vespignani to help his patients focus on simple and effective ways to improve their physical and mental well being.

Areas emphasized include nutrition, activity, stress reduction, life balance, community and environmental exposure awareness. Successful completion will provide skills for non-toxic living, weight and stress management, community involvement and overall understanding of optimal body function.

WHEN: Saturday, June 21, 2008 from 11-5 PM

WHERE: Institute for Restorative Health
1460 Drew Avenue; Suite 300
Davis, CA 95618

COST: \$150; includes a nutritional lunch

SIGN UP: Call (530) 758-4474

"We have Dr. Vespignani to thank for teaching my family how to live a happier, healthier life. I recommend this workshop to anyone who wants to learn a few simple steps that can make an big difference in their life.

- Mary Lopez, HEALTHIER workshop participant