

How To Secure Your Health and Build an Income for Life

You Can Improve Your Health, Increase Your Income and
Help Build a Sustainable World



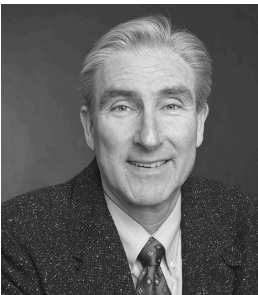
Sunday, November 16

Living in Wellness™ Workshop
Creating Your Sustainable Health and Income: **1:00 - 2:30pm**
Foundational Nutrition for a Healthier You: **3:00 - 6:00pm**

- Discover easy solutions for enhancing your health and vitality.
- Explore simple programs to increase your income in our uncertain economy.
- Join with others to build a sustainable world of vibrant health and prosperity.

Charlotte Carriera, B.S., M.B.A.

Charlotte is the VP of Marketing and Sales with Simplexity Health; a single mother; a certified Fire Walk Facilitator; and for over 25 years, she has been a successful business coach for both corporations and individuals. Her knowledge of market research and management along with her personal experience make for a compelling presentation on how to “own” your life financially.



Russell Mariani

Russell is a nutritionist and the author of the popular book, "Healing Digestive Illness." He has spent over 35 years learning about health, teaching literally thousands of people how to free themselves from the myriad side effects of poor digestion. He currently runs the Center for Functional Nutrition in Massachusetts; coaches private clients and is working on his doctorate. His deep understanding and insights on how to simplify your diet and become proactive in your self-care can rejuvenate your relationship with food and your health.

Hampton Inn - Newtown • 215.860.1700 • 1000 Stoney Hill Road • Yardley, PA 19067

Seating Limited to 40 • Pre-Registration Required by Nov 9

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