



Class Topics Include:

- Nutrition
- Physical Activity
- Mental and Emotional Wellness
- Stress Management
- Decreasing Toxic Load

Cost is \$50 for 5-class package; discounts may apply

CANCER PREVENTION OCTOBER SERIES

MONDAYS 1-2PM

Sara Blacketter, MS, RD, LDN

Join our Registered Dietician during the month of October for this interactive 5 week series. Learn how nutrition and lifestyle behaviors can help improve your quality of life, boost your immune system, and decrease your risk of cancer and other diseases.

We look forward to seeing you there!



ALL CARE

CLINICAL WELLNESS

8900 Park Boulevard N.
Seminole, FL 33777
Phone: 727-767-0950

www.allcare4u.com

