**Reduce Your Pain and Inflammation Without Side Effects or The Risk of Addiction**

**& Create the Healthy Body You Deserve!**

In this enlightening session we explore tools, resources, nutrition, lifestyle changes, proven integrative over counter therapies & whole food supplements that can reduce systemic inflammation, pain, alter and protect your DNA, and reduce or even prevent pain in your body. Leave this session empowered and inspired to take command of your well-being and manage pain and inflammation.

**Valerie Early, R.D., L.D.N, R.Ph.T.**

**Author, International Motivational Health Speaker,**

**Registered & Licensed Dietitian,**

**Registered Pharmacy Technician, Reiki Master &**

**Certified Medical & Exercise Specialist**

Valerie resides in Schaumburg, IL. She is a Mom and has a private practice specializing in functional medicine, prevention, scientific integrative therapies, hormone balancing, energy medicine, and sports nutrition. She is committed to helping people make long-term lifestyle changes. Valerie and has written 1 book and recorded an audio CD and 3 professional motivating and educational videos! [www.nutritionconnectionbalance.com](http://www.nutritionconnectionbalance.com)

**Date: May 16, 2016**

**Time: 7:00 pm**

**Place: Midtown Athletic Club**

**1760 N. Hicks Rd, Palatine**

**Free for guests that RSVP to** **Rosanne@nutritionconnectionbalance.com** **or 847-985-1200**