

HABIT CHANGERS 2022

HEART MONTH



GUEST SPEAKER
DR. CYNTHIA DILAURO

Cynthia DiLauro earned her medical degree from NEOMED. She has been practicing medicine for 26 years. She will be sharing her health journey & why she uses & recommends JP+



TOPICS

- Medical Choices and steps for Rx changes.
- JP+ clip of the heart of the matter
- Loneliness, Love and Community (Louise Hay quote)

FEBRUARY 02, 2022
9AM CST/10AM
6PM CST/7PM EST
ZOOM ID 847-985-1200



JOIN US The 1st Wednesday of every Month
Valerie Sayre, RD, LDN, R.Ph.T., IMD, Medical Exercise Specialist
& Reiki Master
Marilyn Wright , Wellness Advisor & Jodi Kindle, Health Coach &
Masseuse

RSVP TO Valerie Sayre & NCB: 847-985-1200
ncbteam@nutritionconnectionbalance.com