

Join us by on Wednesday, January 25, 2023 The Value of Sleep

Dr. William Sears, MD, is one of the best doctors in the world! He has authored 47 books that can help you obtain optimal health!

Valerie Sayre, RD, R.Ph.T, is clinically experienced and thrives on educating and both are passionate about wellness!

Dr. Sears and Valerie discuss the value of sleep, how to do it better, helpful testing if necessary, and why the quality of sleep matters to your health and disease prevention!

Dates: Wednesday, 1/25/23 @ 7:00 pm EST Location: <u>www.zoom.us</u> meeting code: 847 985 1200 PLEASE RSVP: <u>ncbteam@nutritionconnectionbalance.com</u> <u>www.nutritionconnectionbalance.com</u>