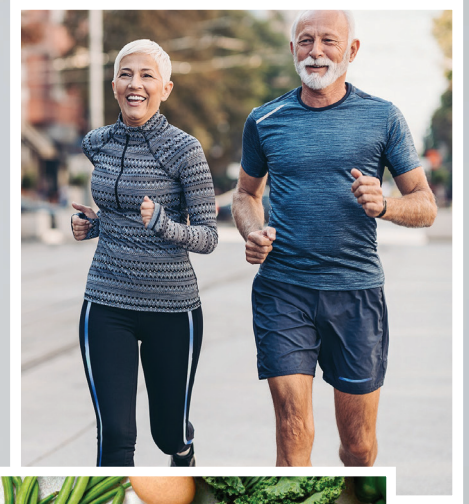


Aging Gracefully

Prevention and Nutrition



A Live Presentation at:

Corinne Costin Gibson Memorial Public Library (PSJ Library)

110 Library Dr. • Port Saint Joe, Florida, 32456

www.nutritionconnectionbalance.com

No RSVP needed, just show up!

Date: October 22, 2024

Time: 2:00 pm ET



EXPERT PRESENTER: Valerie Sayre

Registered and Licensed Dietitian Nutritionist

Certified Medical Exercise Specialist

Reiki Master & Yogi

Author of 2 Books

Motivational Speaker

Owner of Nutrition Connection Balance for 19 years+

Previous Compounding Pharmacy Director and Hormone Specialist

Clinically, Valerie has tested and treated over 20,000 patients and you will be inspired by this FREE presentation!