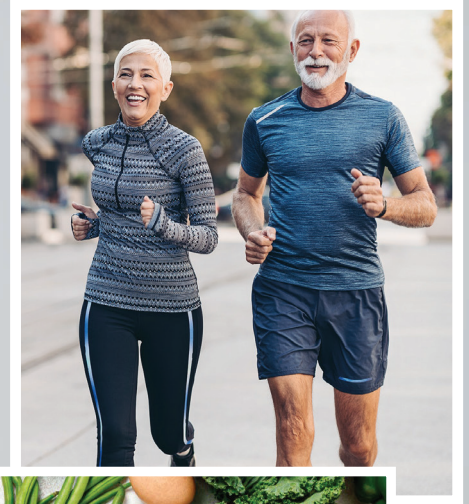


Aging Gracefully

Prevention and Nutrition



A Live Presentation at:

The Luminary

41 Commerce Street • Apalachicola, Florida, 32320

www.nutritionconnectionbalance.com

Date: November 6, 2024

Time: 1:00 pm ET

RSVP: Call or Text: 850-544-3698 or by e-mail: info@luminaryhouse.org



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!