

# Take Charge of YOUR HEALTH

## FREE PUBLIC LECTURE

You can achieve great health at any age by effectively cleansing your body of all the toxins and pollutants you are exposed to daily. Join us on September 8th, 2010 as Caroline Farquhar, Registered Holistic Nutritionist and representative of Renew Life, shows you how to have great health, regardless of your age. This is a can't miss seminar for anyone who wants to get healthier or just simply maintain their good health.

Please register in-store to book your seat - only \$2.00, which will be reimbursed with the purchase of Renew Life products. **Book Early, only 20 seats are available.** Join us for great information and stimulating conversation. Snacks and beverages will be provided.

*JOIN US*  
**Wednesday,  
September 8th at 7pm**



***Caroline Farquhar***  
*Director of Education  
Renew Life Canada*

Knowledge is the key to better health. For years, Caroline Farquhar RHN has spread this message across Canada. Specializing in digestive care and cleansing, Caroline has been lecturing and educating the public on how to achieve better health through numerous seminars, radio appearances, and educational programs that she has authored. In addition to being a Registered Holistic Nutritionist, Caroline also holds a University Degree from Carlton University. Join Caroline on Wednesday, September 8th, 7pm at Health 4 U, 280 King Street, Spruce Grove, for this fun and informative lecture!

**Health 4 U**

**280 KING STREET, SPRUCE GROVE, AB**  
[WWW.HEALTH4U.CA](http://WWW.HEALTH4U.CA)

**FOR FURTHER  
INFORMATION, PLEASE  
CONTACT THE STORE**

**780-962-1313**