

WINE & WELLNESS IS YOUR FOOD MAKING YOU SICK?



Join us for Wine & Wellness!

When: 5pm-6pm, November 18, 2020
Where: Sarasota Sports Medicine
1400 Cattlemen Road, Suite 103
Who: Dr. Ken Kaufman - Founder of Sarasota Sports Med
and Chiropractor for the Baltimore Orioles
Heather Hackett - DNA Nutrition Consultant



Have you ever wondered if your food is making you ill? From chronic fatigue and diabetes to unexplainable weight gain or arthritis, food is the culprit for many of our aches and pains.

At our Wine & Wellness event, we'll discuss:

- What diseases are caused by the foods we eat?
- Chemicals and toxins in our food. How to identify them and how they react with our bodies.
- Foods to boost your immune system, enhance your concentration, improve your mood, and increase your energy.
- Easy ways to implement healthy eating into your life.

We'll discuss this at our new location and offer complimentary wine and appetizers.

Please RSVP at SarasotaSportsMed.com or call 941.927.0546.

RSVPs are required to enter.

