



Tired?

Cravings?

Burned
Out?

WIRED?

Insomnia?

Weight
Gain?

Stressed?

STRESS & ADRENAL FATIGUE

a disorder of the modern world

FREE PUBLIC SEMINAR

- ✦ *Bring your bagged lunch*
- ✦ *Discover how **stress** impacts your **nutrients, hormone & immune function***
- ✦ *& Learn the 7 key steps you should take today!*

MONDAY, APRIL 25TH, 2016

Location: Seven Oaks Hospital Auditorium

Time: 12-1 pm

RSVP to: (204) 633-2233 or
info@vitalityintegrativemedicine.com

**FEATURING GUEST SPEAKER
& AWARD WINNING CLINICIAN**

Tara Maltman-Just,
B.Sc.(Pharm.), RPh, ABAAHP, FMNM
**Board-Certified Fellow
Licensed Pharmacist**



**TACHE PHARMACY AT
Seven Oaks General Hospital**

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