

PERFORMANCE SUPPLEMENTS

The Real Story

FREE EDUCATION SEMINAR



Presented by: Anne Moselle, RD

Date: November 2, 2009

Time: 6:30 – 8pm

Location:

LifeStyleRx

Cardiac Rehab Room

1119 E. Stanley Blvd.

Livermore, CA 94550

Learn the truth about supplements and how they can affect your athletic performance. In this seminar, Registered Dietitian Anne Moselle will discuss the secrets to eating well and performing to the best of your ability. Ann will review several supplements and their safety, as well as the FDA regulations and guidelines on supplements.

To register for this seminar or for more information, call **925.454.6342**.



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