

# FREE DINNER



You are invited to join Dr. Jeff Gancas for an evening of food, fun and fascinating facts!

**Where:** Balcones Country Club

**Date:** Thursday, March 11<sup>th</sup>, 2010

**Time:** 6:30 pm - 8:00 pm

**Topics include:**

- Maximized Nutrition
  - How to lose weight
  - How to have more energy
- Carbohydrates / protein / fats; when to eat them

**This dinner is completely FREE!**

**Bring a guest or two!**

**Help us spread the message to the community!**

**Please call our office to confirm**

**Living Healthy Chiropractic 345-7400**

**Only 40 dinner seats are available... Call now to reserve yours!**