

# HELPING YOU RENEW

## TREAT THE CAUSE NOT JUST THE SYMPTOMS



### FREE INFORMATIONAL SEMINARS

**\*Wednesday, January 6th**

**Why Can't I Lose Weight?**

How to lose it and keep it off.

**\*Wednesday, January 13th**

**Got Hormones?**

Are hormones safe? What are bio-identical hormones?

**\*Wednesday, January 27th**

**Why Am I So Tired?**

What causes fatigue and how to fix it.

All seminars 6 pm ~ 7:30 pm.

RSVP requested as space is limited.

Seminars are located at 1200 Executive Parkway, Ste 360 Eugene  
Cumulus Broadcasting Building, south of the Red Robin by VRC



**TO RSVP CALL 541.762.1155**  
**OR EMAIL [INFO@OREGONOPTIMALHEALTH.COM](mailto:INFO@OREGONOPTIMALHEALTH.COM)**