

## Learn Strategies For Living An Optimal Life!

**Date:** \_\_\_\_\_

**Where:** \_\_\_\_\_

### Learn about the nutritional connection to living a successful life

- Maintaining vibrant health
- Weight-loss
- Strategies to stay energized throughout the day

### Learn about the emotional connection to living a successful life

- Identifying emotional blocks
- Techniques to quickly release negative emotions

### Learn about the exercise connection to living a successful life

- How much exercise is really needed
- The pitfalls of over/under exercising
- Easy ways to implement exercise into your daily routine

**Attendees will receive a  
Free DVD and guide**

**Athena Delmontie and Donald Frustaglio are health advisors and mentors for many.  
Their mission statement: To get America healthy one mind and body at a time.  
Attend this informative seminar and hear what they have to share; it may change your life!**



*Donald lost 54 pounds  
in 16 weeks - you can too!*



*August 15, 2006*

*May 17, 2006*

*Athena dropped from a size  
16 to a size 6 in 12 weeks*