



**Reading-Berks
Physical Therapy
FREE SEMINAR SERIES
PROGRAM #2:
"NUTRITION OR NONSENSE"**

**Tuesday, June 30, 2009
7:15 PM – 8:00 PM
101 S. Richmond Street
Fleetwood, PA
(610) 944-7626**

Join your Reading-Berks Physical Therapy friends for a **FREE** Nutritional Seminar. Learn how to use your food choices to have a positive impact on your health... naturally. We will discuss various diets and the use of supplements and vitamins. Leave with a better understanding of healthy nutrition vs. marketing hype.

***Topic Presented by:
Ruby Adams, B.S. Nutrition
Tri-Valley YMCA Fitness Director***

Pre-registration for this event is not required.