

OZCF PRESENTS ANOTHER HEALTH AWARENESS DAY

THE 5 ESSENTIALS OF MAXIMIZED LIVING:

Essential #1: Maximized Mind

Overcome your limiting beliefs as to why you can't lose weight and reach your overall health goals.

Essential #2: Maximized Nerve Supply

Learn what controls all functions of health and healing.

Essential #3: Maximized Nutrients

Learn cutting-edge nutritional secrets to personalize your diet based on your specific hormones and cellular function. Beat aging and get 10X MORE ENERGY!

Essential #4: Maximized Oxygen & Lean Muscle

See results with effective exercise that only takes **twelve minutes per Week**.

Essential #5: Minimized Exposure to Toxins

Learn the Toxic Top 5 and how they affect you and your family

OCT: 30, 2011 TIME: 2.30 PM PLACE: OZCF

**SIGN YOUR NAME AND TEL NUMBER ON THE LIST
PROVIDED IN THE HALL**

**OR CALL JAL/MEHER PANTHAKY TO REGISTER
905-568-4946**

**DO NOT MISS IT
THIS IS A MUST ATTEND EVENT**