

Wellness at Raleigh Neurology presents:

YOU ARE WHAT YOU EAT!

**When: February 23, 2011
at 5:45 PM**

**Where: *Wellness at Raleigh Neurology*
1520 Sunday Drive, Raleigh NC 27607**

Did you know that every one of the trillions of cells in your body is made from the food that you eat? Do you feel that your body deserves more than what you are feeding it?

This lecture will uncover the truth about how the quality of the food that you eat can affect your ability to be healthy and well. Find out more about:

- The Wheel of Life
- Food and Your Health Condition
- A Plan for a Better Body

Join us for the second lecture in this free series, *Eat, Move, and Be Healthy*.



About Wellness at Raleigh Neurology

Wellness at Raleigh Neurology is a state-of-the-art fitness and wellness center designed specifically for adults in the Raleigh community who desire an upscale gym experience with a personalized touch. Wellness at Raleigh Neurology is a place where adults can feel comfortable and at ease while maintaining a fitness regimen that meets their needs.

OPEN HOUSE
February 24th-25th

Stop by the Wellness Center all day for a free blood pressure analysis and a tour!

1520 Sunday Drive, Raleigh, NC 27607 - (919) 325-4278 - www.raleighneurology.com