

Get Fit Rio Brown Bag Series

SEPTEMBER 2008

Lovelace Westside Hospital

Celestia Hall – Ground floor

11:30 a.m. – 1:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Boosting the Immune System Naturally (Karla Koch, RN, ND, DOM)	4	5
8	9	10 Stop the Cravings, Release the Fat (Dr. Norman Dawson, BS, DC)	11	12
15	16	17 Comparing Diets? (Mediterranean, Atkins, Low-Fat & South Beach) (Dr. Norman Dawson, BS, DC)	18	19
22	23	24 Keeping Your Energy Consistent Throughout the Day (Dr. Norman Dawson, BS, DC)	25	26

*Topic subject to change without notice

Get Fit Rio Brown Bag series is open to all Get Fit Rio Participating Companies' employees

Please bring your lunch and enjoy an educational session to help keep you motivated and living a healthy lifestyle.