

A Public Lecture

CONFUSED ABOUT NUTRITION?

What you will learn:

- ◆ *The difference between real vs. chemically made vitamins*
- ◆ *How nutrients from food differ from vitamin additives*
- ◆ *How to read a food label to know if it is healthy*
- ◆ *How to decide what supplements are best for your family*
- ◆ *Where do I find doctors in the area skilled in nutrition?*



Dr. Luke Ballenger, D.C., M.Sc., F.A.S.A.

Dr. Ballenger is co-owner of Ballenger Chiropractic & Acupuncture, a full-service wellness clinic in West Des Moines, Iowa, offering chiropractic, nutrition, acupuncture, therapy and rehabilitation services. In addition to his practice, Dr. Ballenger teaches clinical nutrition seminars to doctors in the Midwest.

Thursday, October 6
7:00pm—9:00pm

Radisson Hotel & Conference Center
1220 1st Avenue • Coralville, IA • 319-351-5049

DIRECTIONS: From I-80, take Exit 242. Turn north onto 1st Ave./Hayden Fry Way. Hotel will be on the left—located on the north side of I-80 on the hill. You will see the Hampton Inn first; the Radisson and Hampton Inn are connected.

Park near the entrance for the Conference Center or the Radisson main entrance. The ballroom is directly inside.

Sponsored by: Nutritional Services, Inc.

\$5 cash at the door