

Live Well Day



When: **Wednesday July 28th 2010**

Session 1: 9:00 AM – 1:00 PM

Session 2: 3:00 PM – 7:00 PM

What: A community-wide day dedicated to healthy living. Come learn about Nutraceuticals as well as physical fitness and healthy diet. Free prizes, including a flat screen TV and gift certificates, will be given away for those who attend. For more information please see our website: www.goodforallpharmacy.com

Where: 2 Livewell Drive (Inside Quest Fitness) Kennebunk, ME 04043

Why Come: To learn about the potential health benefits of Nutraceuticals. Learn how, when, and why to take these products. Why would someone take them? Come find out at Live Well Day...

What are **Nutraceuticals**?



Nutraceuticals - a term that combines the words "nutrition" and "pharmaceuticals." Nutraceuticals aim to prevent disease through natural, organic supplementation. Information on dietary supplements and herbal products in the areas of prenatal health, prostate health, women's health, immune support, and heart health, as few examples, will be provided to promote healthy lifestyles.

We encourage everyone to also come check out our vitamin program free to those 18 and younger and those 60 and over as part of our community service efforts.

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