

Join us for a discussion on

Nutrition and Antioxidants: *Truths and Myths*

July 27, 2013

11:00am

at

Buck's Physical Therapy

327 York Rd.

Warminster, PA 18974

Join Nutrition and Weight Management expert Ben Gonzalez, M.D. of Atlantis Medical Wellness Center for a free seminar on Nutrition and Antioxidants.

Some of the truths and myths that will be exposed are:

- Is eating less and exercising more bad advice from your trainer?
- Is advice from your health provider to eat more fruits and vegetables poor advice?
- Should your doctor care more about your weight or your metabolism?
- Are Green Coffee Bean Extract and Raspberry Ketone good for weight loss?
- Is Obesity a Disease?