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**JOINT PAIN & INFLAMMATION**  
**SEMINAR with DR. MARY ANN LEY**  
**ON**  
**WEDNESDAY, FEBRUARY 15<sup>TH</sup>**  
**FROM**  
**6:30 – 7:30PM**

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*If you experience or suffer with:*

**Body aches and pains**

**Ongoing congestion**

**Frequent infection**

**Chronic indigestion**

**Swelling/Stiffness**

**Weight gain/Obesity**

*If you're experiencing any of these symptoms, there is a good chance your body is on fire from within. Learn how to age with vitality and strength, and what to eat to restore your body to health and put out the fire so you can heal and PREVENT further damage.*

**We welcome you to join us for this**

**FREE Joint Pain and Inflammation Seminar**

**Sign-up at the Front Desk or Call (410) 628-WELL**

**Invite a friend to experience this informative workshop AND receive a free gift!**