LYNGBLOMSTEN'S 3RD ANNUAL

WELLNESS CONFERENCE

SEPTEMBER 16, 2010

Keynote presentation at 7:00 PM: Foods for Great Energy

Presented by Cassie Weness, Registered & Licensed Dietician; counselor and nutrition educator at Nutritional Weight and Wellness in St. Paul.

Struggling with energy? Do you wake up tired or have energy slumps? Foods for Great Energy explains how nutrition can take you from fatigue to vitality in five steps. Learn the role protein plays in energy production and how a simple mineral, magnesium, can help you sleep through the night so you wake refreshed. Discover how caffeine and sugar actually deplete energy. Powerful nutrition creates powerful energy.

LYNGBLOMSTEN
COMMUNITY WELLNESS & EDUCATION
www.lyngblomsten.org

When: Thursday, September 16, 2010, 5:00-8:30 PM
Where: Centennial United Methodist Church (1524 West County Road C2, Roseville, MN)
Cost: $10.00 if registered by 9/7/10; $15.00 at the door (includes a healthy dinner)
Questions? Contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org.

Registration form and details on exhibitors and activities can be found at www.lyngblomsten.org
*1.2 CEUs, free childcare (for children under 5), and transportation ($2; 5-mile radius) available

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For more info and a registration form,
visit www.lyngblomsten.org or call (651) 414-5292