

PTS REHAB WORKS, INC. - 2015 SPEAKER SERIES

HEALTH SPEAKER *SERIES*

EMPOWERING YOUR HEALTH - MIND, BODY AND SPIRIT

Saturday, October 3, 2015
3:00 pm to 5:00 pm

THIS MONTH'S TOPIC: *FALLING FOR HEALTHY LUNCHES*

Join PTS Rehab Works for a FREE,
interactive workshop!

- Make a healthy lunch with your child or just for you!
- Lunch items provided courtesy of Wegmans!
- Receive nutrition advice from Meiling Assue, a local Registered Dietitian



Meiling Assue
Registered Dietitian



Location: Physical & Sports Rehab, Inc.
1401 Mercantile Lane, Suite 107
Largo, Maryland 20774

Registration Required - Seats are limited

Call: 301-658-6881

Email: ptswellness@gmail.com

Web: www.facebook.com/PTSRehabWorks

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