

Progressive-Dentistry, LLC

Nutrition Seminar

We are pleased to offer an informative discussion on Nutrition. We will also touch upon nutrition's role for good dental health.

Michele Caws will be leading an hour long seminar. She is a certified Holistic Health Counselor, specializing in Integrative Nutrition. Michele is a graduate of the Institute for Integrative Nutrition and is accredited by the American Association of Drugless Practitioners.

We need your help!

Please spend just a few moments filling out this questionnaire if you would be interested in attending such a seminar. The information would be useful so we may best serve your needs.

Your name, address and phone #, email address

What do think about your diet and how it relates to your overall health and wellbeing?

Have you ever drastically changed your eating patterns? What was that like?

Do you ever notice how certain food combinations make you feel, or which foods make you feel great and those that do not?

Please check any of the following that you are interested in learning more about:

- Increasing my energy
- Optimizing my health
- Balanced living
- Eliminating sugar cravings
- Customized nutrition
- Reducing seasonal allergies
- Weight loss without dieting

The following are 3 potential times for Michele to speak. Please check off which you would prefer

- Tuesday, May 15 at 5pm
- Wednesday, May 16 at 12 noon
- Thursday, May 17 at 6 pm