

05

23

10

Hosted by:



Time : 2-5pm

Wellness & Nutrition

Walt Merriman - The Mineral Man



Join us for a wellness meeting featuring Walt Merriman, one of our favorite experts in the field of nutrition and the importance of minerals in the diet. Walt will teach from his knowledge and research to explain what real nutrition looks like and why we may not be getting it. The keys to restoring and maintaining health may be the most valuable information you will ever receive for you and your loved ones!

We will learn about toxins and parasites, minerals and vitamins, carbohydrates and complex carbohydrates, and oils and fats. A working understanding of how each of these affects your body is vital to safeguarding your health.

As time permits, Walt will field specific questions from those attending.

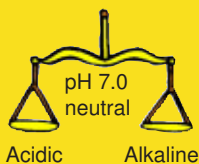
- No Admission Fee -

Sunday May 23rd at 2pm



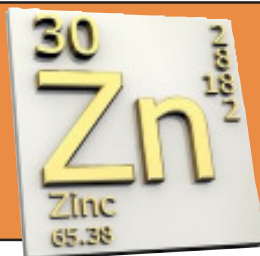
Learn the truth and uncover the myths of Nutrition & True Health. What about Cancer and Heart Disease, Bone and Joint Ailments, Depression, Fatigue, Fibromyalgia, Leukemia, Diabetes, Asthma... etc...

pH Balance



Learn to monitor your body and to keep it balanced!

One mineral depends on another mineral, which depends on a vitamin and so on. We call this synergy. The wellness of your body is only as strong as the weakest link in the chain.



There is no better medicine than preventive medicine. Learn the facts! Preventing disease will always be easier than trying to restore health.

For more information please call
Ben Sage at 440 479-6433.

Hosted by
Sage's Apples
11355 Chardon Rd
Chardon, Ohio 44024