

Your **EYES** can be a window to your **HEALTH**
and should be part of your **Wellness Plan!**



Dr. Caroline Teske and Margaret Wallis-Duffy
invite you to join the discussion with our respected panel
of health and wellness experts!

Join us on Wellness Wednesday

February 8, 2017 ~ 6:00pm to 7:30pm

NEW LOCATION: Studio 2 Yoga!

78 Main St. South, Georgetown

Spread Wellness by helping us support families in need. Please bring a
non-perishable food item for donation to the Georgetown Bread Basket.
All participants will be entered in our Door Prize Draw!

- Topics include:
- > The **importance of nutrition** and nutritional cleansing
 - > Power of **holistic health** > **Detoxification** to help improve health, mental clarity, energy and weight management.
 - > Role of nutrition, supplements and exercise on **preventing eye disease** -AMD and microbial flora > **Mini Yoga session**

Please register at: <http://bit.ly/zjQqeWS> or scan the QR code



Eyes Focused on You

Dr. Caroline Teske & Associates - Optometrists

Our passion is education! We want to share tools that will empower patients to be healthy.



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