

**NUTRITION SEMINAR!!**

# **METABOLIC & DIETARY SOLUTIONS**

**with JENNIFER G. WALSH, MD**

**WHEN**

**Thurs, January 18th  
6pm – 8pm**

**WHERE**

**St. Edmunds Campus  
(Cafeteria)**

**530 ELLICOTT CREEK RD, TONAWANDA 14150**

**Questions?**

**Email [MDsolutions716@gmail.com](mailto:MDsolutions716@gmail.com)**

**\$5 minimum donation to the  
St. Chris 8<sup>th</sup> Grade Class fund  
(pay at the door)**

Learn how to  
change the  
way you eat  
and reap  
multiple  
benefits...

**IMPROVE YOUR  
METABOLISM.**

**INCREASE YOUR  
ENERGY.**

**LOSE EXCESS  
WEIGHT.**

**DECREASE THE  
RISK OF  
DIABETES AND  
METABOLIC  
DISEASE.**

