

## Beth Israel Sisterhood

### *Get your New Year off to a Sweet (and Healthy) Start!*

Is Your Body Out of Balance? Come and find out at BI's Sisterhood afternoon program, celebrating health and wellness awareness:



Sept 21, 2008 from 2-4 pm

Beth Israel library

15 Jamesbury Drive  
Worcester, MA



Do you want your body to run more efficiently? Sue Nisbett and Denise Lockbaum of Arbonne International will help you determine if your body is out of balance.

They will discuss what toxins are and how they affect you, as well as how they enter the body and what you can do to eliminate them. In addition, they will talk about how to balance your hormones naturally and what to look for when choosing supplements. This program will provide you with the tools that you need to make smarter choices about your body and your overall health. *(No products will be sold.)*

Refreshments of honey cake, apples & honey and ice cream will be served.

\$5 per person payable at the door.



RSVPs requested to Joellyn Schwerdlin at 508-459-2854  
or [joellyn@charter.net](mailto:joellyn@charter.net) by Thurs 9/19

