

# SAVE THE DATE

Join us for an informative lecture series to find out how any or all of these modalities will make a difference in you or a loved one's life. Now more than ever we are faced with the possibility of limited medical care. In this series you will find interesting and long lasting relief for many conditions that you can take care of here at Sage Health Centre or at home.

Your health is in your hands - learn what you can do to be the best you can be.

**11-19-10 - Massage for Life, Health & Longevity**  
**12-3-10 - Why choose Acupuncture**  
**12-10-10 - The Importance of Nutrition**  
**12-17-10 - Herbalism Back to our Roots**  
**12-17-10 - Vitamins, Minerals, Supplements Oh My**

**Free of charge and open to the public 7:00 pm to 7:45 pm**  
**Call for registration as seating is limited. 410-544-5155**

**Sage Health Centre**  
**497 Ritchie Hwy #2-C**  
**Severna Park, MD 21146**

## **Friday Night Lecture Series**