



Healthy Living

**HOW TO FEEL LIKE 25 WHEN YOU ARE 85
and...**

HOW TO BE 25 AND PREPARE TO LIVE WELL AT 85
Nutrition and Dietary Supplements Throughout Life
with Eliezer Gruber

Topics to include:

Healthy Pregnancies
Strengthening the immune system
Raising a calm, focused, happy child

Arthritis
Cardiovascular-disorders
Diabetes

Decreasing memory
... and More

Mr. Gruber is a certified nutritionist and researcher with a vast knowledge of dietary supplements and how they can be used to prevent or treat medical conditions. He works closely with physicians and stays on the cutting edge of both medical and nutritional research. He sells his own brand of kosher Nutri-Supreme products.

Sunday, February 24, 2008 – 11:00 AM

In the QJC Auditorium
66-05 108th Street

COST: \$5

Light refreshments will be served.

Raffle tickets will be available for one of the Nutri-Supreme Products.

For more information or to register:
718-459-8432 or office@MyQJC.org



www.MyQJC.org