

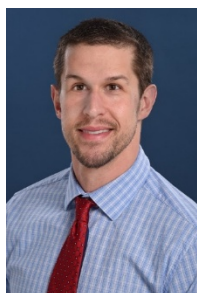
**Church of the Annunciation  
FIFTY PLUS SOCIAL CLUB**

**Presents:**



***Do you want or need to know how to stay healthy? How to take your vitamins so they provide you with the best performance? What to eat that gives you the best energy?***

***You are invited to join us on April 9th at 4 PM to a presentation by Elliot Beadle, St Luke's Sports and Performance Dietitian, that will provide insights on a proper regimen for nutrition and vitamins to maximize their benefits.***



***Elliot has undergraduate degrees in Exercise Science and Nutrition and Dietetics, and has been a practicing sports and weight management dietitian for nearly a decade. He is a Registered Dietitian and ACSM Certified Exercise Physiologist who will provide evidenced based information to provide answers to our questions.***

**Mark your calendar and join us in the Annex on**

**April 9 at 4:00pm**

**Donations would be appreciated**