

***HEALTHY EATING AND LIVING
(HEAL)***

***A presentation series hosted by Willow Junya
of Thai Cuisine Restaurant***

**Learn from the experts on how to lead a healthier and
happier life with this six-part series!**

***SESSION I: MENTAL FITNESS*
*FREE***

Monday, July 14, 2008

6:00 – 7:00 p.m.

at Thai Cuisine Restaurant

With Mike Logan

**Logan Family Counseling, Rockford, IL
and**

Dr. Neshor Asner, M.D.

Neurosurgery

**Other sessions will include Physical Fitness, Financial
Fitness, Preventive Health Care, a Healthy Lifestyle,
and Food and Drink.**

***Reservations are required. Please contact Willow Junya at 815.262.4877
or Thai Cuisine Restaurant at 815.637.1188 to reserve your seat today!***