



2009 Lecture Series

"Dedicated to helping you live a healthy, productive and long life"

DR. RICHARD M. NOVAK
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www.docnovak.com

LECTURE 1:

(Fish Oil) Omega 3 Essential Fatty Acids and overall health.

Wednesday September 30th, 2009

LECTURE 2:

(Immune System) How to build and keep a strong immune system.

Monday October 19th, 2009

LECTURE 3:

(Food Labels) Learn what is in the food you are eating.

Monday November 2nd, 2009

- * All lectures will be at Dr. Novak's office and will start at 7:00 PM and end around 8:00 PM.
- * Please RSVP within 2 weeks of lecture by calling Dr. Novak's office (618) 288-8075 to reserve a seat. Seating is limited so call to reserve your seat today.
- * The lecture is FREE. Bring a friend or family member along with you.
- * No children under the age of 18 permitted.
- * No food or drink allowed in lecture room.