

# *A Nurse's Touch Event*

www.nurses-touch.com

828-357-8446

## *Optimizing Bone Health: Nutritional Approaches to Osteoporosis & Osteoarthritis*

*Presented by Dr. Elizabeth Pavka, PhD, LD/N,  
Wholistic Nutritionist*



*During her 28 years' experience with foods, supplements, herbs, and health, Dr. Pavka has learned that we can rebuild healthy, strong, pain-free bones. Join us to find out how.*

**Choose one of two 2 classes to be held on:**

**Wednesday, February 23, 2011 1-2:30PM and 6:30-8PM**

**At *Nurse's Touch* 1141 Montreat Rd Black Mountain, NC**

**\$20.00**

**Your pre-paid reservation by Feb. 18<sup>th</sup> reserves your seat.**

**Mail to:**

**Nurse's Touch 1141 Montreat Rd Black Mountain, NC 28711**

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**Name, Address, Phone Contact**

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**E-mail your name and contact information by Feb 18<sup>th</sup> with the time you plan to attend to:**

**[nurses-touch@hotmail.com](mailto:nurses-touch@hotmail.com)**

**Questions and phone registration: 828-357-8446**