



# Prosumers of Collin County Monthly Meeting



**Monday**

**July 31<sup>st</sup>, 2017**

**12:00 - 3:00 pm**

**LifePath Systems-Training Room  
1515 Heritage Dr  
McKinney, TX 75069**

**Tuesday**

**August 1<sup>st</sup>, 2017**

**12:00 - 3:00 pm**

**Cross Bend Christian Church  
901 Cross Bend Rd  
Plano, TX 75023**

**-Lunch Provided-**

**Everyone is welcome to attend!!**

## **Basic Wellness/ Nutrition**

A frank talk about wellness, nutrition and basic exercise. We know a lot, but we don't do it. We have invited authors of a new book on nutrition and wellness to speak. It is going to be an eye opener and a game changer as you look to bring wellness – in all forms – back into your life.

RSVP online [www.ProsumersInternational.org](http://www.ProsumersInternational.org)

A consumer led, consumer developed program that has you focus on wellness and recovery.

Questions? Call Jessica 1-800-577-3795 x 803