



Prosumers of Houston Monthly Meeting



**Saturday
August 12th, 2017**

12:00 - 3:00 pm

**The Harris Center Room 104
9401 Southwest Freeway
Houston, TX 77074**

-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

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

Questions? Call Carol 1-800-577-3795 x 805