



*The Oasis Institute*

# Is your diet exacerbating your...

**Pain**  
**Digestive issues**  
**Autoimmune condition**  
**Blood Pressure**  
**Cholesterol**  
**Blood Sugar**  
**Chronic Fatigue**  
**Hormones**  
**Brain Fog**  
**Sleep**  
**Mood**



Nutritionist, Staci Shacter, M.S, R.D.,LDN will be presenting a lecture discussing the connection between diet and disease, along with providing practical tips for your success in transforming your health through diet!

You will receive a practical meal planning guide which provides tips for meals, snacks, “reasonable cheats”, on-the-go, preparing ahead, product recommendations, and suggestions for eating out.

This is considered a group nutrition lecture gaining valuable information and tips similar to private nutritional consultation.

**NUTRITIONAL LECTURE \$35.00 THURSDAY AUGUST 7, 2014 6:00PM**

**Please call the office to register and prepay in order to reserve your spot as SPACE IS LIMITED**

*20880 West Dixie Highway, Suite 101, Aventura, Fl. 33180*

*Telephone: 305 682 8471 Facsimile: 305 682 8930*

*“Health is not just the absence of disease”*