

Counselor Education *Wellness Works* presents:

Vitamins & Supplements: How to know what works!



There are a lot of conflicting views on whether vitamins are even effective. Learn about which vitamins are a waste of money and which ones will actually make a difference. Special focus will be given on how to help with stress and sleep problems. Come and bring questions!

FREE SAMPLES and DISCOUNTS provided to all in attendance!

Friday, April 10, 2009

11:45 – 12:45 pm

Norman 1327A

Presented by

Celeste Meyer

Celeste has worked for over three years in Health Food stores specializing in vitamins and supplements. She studies nutrition as a hobby and has a vast knowledge of products. She has completed several professional trainings as an herbalist and has increased comprehension on prenatal, digestive, sleep and anxiety health topics. She is also currently pursuing her M.Ed/Ed.S. in marriage and family as well as mental health counseling.

If you have any comments, questions or suggestions for future wellness activities, please contact:

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