



The 4th Annual **HOLISTIC NUTRITION SEMINAR:**

# Optimizing Your Nutrition



**Saturday, October 21, 2017**

**11:00 am- 3:00 pm**

**The WMHO Educational & Cultural Center**

111 Main Street, Stony Brook

**Includes Local Testimonies and a Healthy Lunch**

Admission: \$45.00 pp

**LIMITED SEATING! REGISTER EARLY!**

Register online at [www.linutrition.com](http://www.linutrition.com)

For more information, contact Dr. Yu-Shiaw Chen

**631-751-4267** or [yschen@linutrition.com](mailto:yschen@linutrition.com)

*This presentation is for educational purposes, NOT for diagnosis or treatment.*



Featuring  
**Yu-Shiaw Chen, PhD**

Author, Biochemist  
and Certified Nutritionist