

# DINE WITH THE DOC

And Discover...

THE 5 SECRETS OF ULTIMATE HEALTH



Bring 2 guests &  
your dinner is on us!

Your choice of 2  
delicious dishes

Lasagna

OR

Lemon thyme chicken  
w/roasted potatoes  
& veggies

(Coffee/tea included)

Attendees will also  
recieve a signed book  
by Dr. Michael Reid



With International Speaker  
Wellness Consultant & Coach to Doctors,  
**Dr. Michael Reid**

**Tuesday February 26th, 2008** 6:00 - 7:00 pm

**Kristy's Restaurant** 809 Richmond Rd

**This event will sell out.** Reservations required.

Seating is limited to first 25 callers. **Call now 613 761 9312**

**Or Sign up at the from desk**

**[www.hamptonwellnesscentre.com](http://www.hamptonwellnesscentre.com)**