

BOOST YOUR HEALTH & IMMUNE SYSTEM



TV and Radio Personality
Wes Youngberg, Dr. PH

Join Dr. Wes Youngberg on January 3rd between 3:00 and 5:00pm in Fallbrook and learn some simple steps that can dramatically boost the immune system and lower your risk of pneumonia, flu and even the common cold. Dr. Youngberg will outline simple strategies that have been shown to lower the risk of pneumonia by as much as 70%.

Wes Youngberg, is a specialist in natural preventive care and nutrition. He earned his doctorate from Loma Linda University and is currently the Director of the Rancho Wellness Center and the Lifestyle Medicine Clinic at the Rancho Family Medical Group in Temecula and Fallbrook. His natural treatment programs have helped others overcome respiratory infections and at the same time treat existing problems like diabetes and other chronic diseases that affect many, including the young and elderly.

Dr. Youngberg
has planned this
January 3rd seminar as a free gift

to our community, just in time to beat the effects of this year's
winter cold and flu season.

Seminar location:

Fallbrook Seventh-day Adventist Church

1200 Old Highway 395 (East of 1-15, N of Mission Road exit)

Register at: www.fallbrookadventist.org or by calling **760 723-7733**