



# BRADLEY BEACH RECREATION DEPARTMENT PRESENTS

## A FREE HEALTH AND WELLNESS SEMINAR

*Feel Better...Function Better...Live Longer*

HOSTED BY DR. JAMES PROODIAN

**SATURDAY  
JANUARY 17, 2015  
12:00 - 1:00 PM**

Bradley Beach Recreation Center  
39 Main Street  
Bradley Beach, NJ  
(behind the softball field)

To register, please contact Shawn Heeter  
at [recreation@bradleybeachnj.gov](mailto:recreation@bradleybeachnj.gov)  
or 732-776-2999 x3210

During this dynamic presentation, Dr. Proodian discusses the essential components needed to achieve optimal health. Using his “Triad of Health” which addresses physical, nutritional, and psychological needs, he offers science-based recommendations, outlining simple steps you can take immediately not only to optimize your health but also to avoid—and even reverse—such chronic diseases as cancer, heart disease, and diabetes. Dr. Proodian clears up confusion about today’s health issues, breaking down all of the environmental and genetic influences on your health, and answers all of your questions on such topics as stress management, fatigue, fitness, and nutrition.



**Wellness at  
Work** Health Literacy  
*is the Key to Longevity!*



[www.NaturalHealthcareCenter.com](http://www.NaturalHealthcareCenter.com)  
BLOG: [www.DrProodian.com](http://www.DrProodian.com)