

FREE LECTURE:

**PRESCRIPTION FOR OPTIMAL HEALTH,
STRONG BONES AND PAIN FREE LIVING**



MEET BARRIE CARLSEN & JOHNNY ENEMARK



- **Need more energy?**
- **Tired of being in pain?**
- **Want healthier bones?**
- **Treat & prevent osteoporosis.**



Enerex Botanicals Ltd.

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Barrie Carlsen has had personal and professional interest in nutrition for over 40 years. He has been a competitive weight lifter, founded two nutritional supplement companies, and contributes regularly to health journals. In March 1999, Barrie was inducted into the Canadian Health Food Association Hall of Fame in recognition for his more than 20 years of contribution to the growth and development of the industry.

Johnny Enemark is a Molecular Biologist & Biochemist from Simon Fraser University. Johnny researches and reviews scientific journals for new and relevant information. He enjoys explaining the how & why of nutrition in everyday language. Johnny is also a winning competitor in Rowing on the Simon Fraser University Team.

Enjoy an informative evening with Barrie Carlsen & Johnny Enemark, as they explain how you can increase your energy, address issues involving bone health and learn how you can start living without pain.

**Thursday, November 3, 2005
7:00 to 9:00 pm
Best Western Vernon Lodge
3914-32nd Street, Vernon, B.C.**