



Kickstart Your Summer The Wellness Way with Dr. Michael Roizen

SAVE THE DATE

Thursday, June 12, 2014

5:00-8:00 p.m.

(Doors close at 6:30 p.m.)

Registration fee: \$15*

If you are a member of Live Long Lyndhurst, enter code "LLL" for free registration.

Free gift to those who attend

Cleveland Clinic Lyndhurst Campus
1950 Richmond Road
Lyndhurst, Ohio

Parking is free

Register by June 11, 2014

Online at
clevelandclinic.org/wellnessevents

By email at wellness@ccf.org

By phone 216.448.8511

**Nonrefundable fee is payable in advance. Adults only, please; space is limited.*

For more information on our programs, visit us clevelandclinic.org/wellness

Learn how a healthy lifestyle can keep you looking beautiful this summer — outside and in!

- Learn how you can embrace health and wellness this summer from Cleveland Clinic Chief Wellness Officer Michael F. Roizen, MD
- Discover summer foods that promote optimal health with Executive Chef Jim Perko
- Enjoy a light, healthy meal with a glass of wine
- Relax with a chair massage
- Take part in a chiropractic demonstration
- Participate in a yoga demonstration
- Learn about ZOYA Natural Nail Polish
- Participate in a health screening
- Sign up for Center for Lifestyle Medicine programs at a discount
- Schedule appointments with our Center for Integrative Medicine
- Explore unique products at our Wellness Store
- Free samples from local vendors



Featured Speaker:
Michael F. Roizen, MD
Cleveland Clinic's
Chief Wellness Officer

