

Are you **TIRED** of being **TIRED**?

with Dr. Tom Gault



Saturday June 20th
10:00-11:00 am

Gault Wellness
5269 Jonestown Road

Light Refreshments
No Charge—however
please RSVP 657-1620

**Bring a New Guest* &
Receive a Bottle of DSF (B-vitamin energy complex)**
*adult 18 & over who is not a patient at Gault Wellness

- ◆ Improving Quality **Sleep**
- ◆ **Thyroid** function
- ◆ Can **supplements** help?
- ◆ **Foods** that make you tired
Foods that give you energy

