

***Free Lunch and Learn with Smitha Reddy, MD,
Functional Medicine & Rheumatology!***



Take care of your best assets... your employees!

Our purpose is to inspire, educate, and empower our community, helping create health, balance, and joy.

Set up a free lunch seminar for your company to improve health and wellness. (Free lunch is included)

Step 1-Choose your topic.

☐ **Abundant Energy**

- Discover the real reason why many people are tired, cranky, and overweight. (The answer may surprise you!)
- Learn how hormone imbalances affect energy, sleep cycles, food cravings, and metabolism – and what to do about it!
- Learn simple strategies that can significantly impact how you feel and function.

☐ **Am I A Stress Eater? Eating Habits that Kill**

- Discover why skipping breakfast will destroy your health!
- Why the Standard American Diet leads to chronic disease later in life.
- Learn how to eat healthy, even when you don't have the time to prepare meals.

☐ **Help! Why Inflammation Can Spin You Out of Control!**

- Learn why autoimmunity is an epidemic in our country, and many people have autoimmunity problems but don't even know it.
- Discover the early signs and symptoms of autoimmune disorders and how to identify if you're developing a problem.
- Learn how many can reclaim their health through a nutrition and lifestyle-based approach.

Step 2- Pick your date

Top 3 in order of preference

1) _____

2) _____

3) _____

. Step 3- Your booking information

Company: _____

Location: _____

Contact Person: _____

Phone: _____

Email: _____

Number of Attendees: _____

To RSVP for your company event, please call 858-665-2339

Or Fax form to 858-435-0207 Attn: FHI

Or Email to dreddy@acrmed.com Subject: Lunch Seminar