



# Stress Less

Relax a little this summer...  
we'll show you how!

Wednesday, June 28, 2017  
Breakfast & Networking 9:30 am

## Scheduled Speakers:

Dr. Donald Huml is a renowned Bay Ridge Brooklyn licensed Chiropractor and Nutritionist, sought-after lecturer, and published co-author, who believes in utilizing a holistic approach to people's health.

Millennia Ruth Lytle, affectionately known as Dr. Millie, is a licensed Naturopathic Doctor and Certified Nutrition Specialist with a special interest in solving health puzzles, naturally.

Fred Snyder is a Physical Education Instructor and lifelong athlete. From Football to Yoga...He's done it all. Fred takes a natural approach to stress relief through exercise and nutrition.

Members: Free

Non Members: \$15

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