

Juice PLUS+ PREVENTION Plus+

**LIVE
LIFE TO THE
PLUS+**



David B. Phillips MD, ACSM

Dr Phillips graduated from Harvard University where he earned academic honors and was an All-American swimmer. He received his medical degree from Wright State University School of Medicine where he was elected to the prestigious national academic Alpha Omega Alpha Medical Honor Society. After practicing as a Board Certified Emergency Physician, he shifted his focus to the field of Preventative Medicine and then to field of Sports Medicine.

Having competed in triathlons at national and world levels, including the 2005 Ford Ironman World Championships and as a member of Team USA at the International Triathlon Union's 2008 World Championships, Dr Phillips has first-hand knowledge of the important role of nutrition in the athletic arena and lectures frequently to athletes and coaches on the benefits of nutrition and athletic performance.

Whether you are an athlete, a coach, a weekend warrior or a couch potato, this lecture will profoundly affect how you view exercise and eating well. Dr Phillips is entertaining, engaging and brilliant. He will challenge you, no matter what your current health status, with new goals and you can "Live Life to the Plus+"

Tuesday November 13, 2012

7:30PM- 9:00PM
(Doors open at 7:00PM)

Heritage Centre

420 Railway Avenue
Outlook, Sk S0L 2N0

For more information, please contact: