

# PREVENTION *Plus* +

## Health Education Series

presents

### HOW TO LOOK & FEEL BEAUTIFUL INSIDE AND OUT



featuring  
**Dr. Mitra Ray**  
Research Scientist  
and Author

Develop new strategies to look and perform your best! Join us for a dynamic presentation that will provide answers regarding diet and nutrition.

- Why eating more plants is essential for optimal health and fitness
- How to protect yourself and your family from degenerative diseases
- How the skin is a reflection of the total “State of the Body”
- How to make a difference at a cellular level

After her amazing presentation, you'll have a new sense of the forces that govern the human body, and how you can harness them to take you FROM HERE TO LONGEVITY!

Dr. Ray is the author of the popular book and audio series *From Here to Longevity* with over half-a-million audios and books in print.

Her latest book is titled *Do You Have the Guts to Be Beautiful* and will be available in January, 2009.

To sign up for her free e-newsletter, go to:

[www.drmitraray.com](http://www.drmitraray.com)

Don't miss this opportunity to see Dr. Mitra Ray in Lubbock!

**Sunday, January 31st, 2010**

**2:00 – 3:00 pm** (doors open at 1:30 pm)

**Science Spectrum  
Auditorium (use south entrance)  
2579 S Loop 289, Lubbock, TX**

For Information contact  
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*Juice* PLUS+