

# Nutrition and the Athletic Lifestyle

## Free Seminar



*"Hey Everybody, come join us and learn about the most simple and effective way to stay on top of your game nutritionally. This 45 minute presentation will be amazing!"*  
- Daniela & Bryce Hogle



Why athletes die younger than non-athletes & what we can do about it right now. What role does CBD play in nutrition? Find out why Pharmacist Ben says that Nutrition is Easy because it is actually Simple. Get inspired with us...

**Special Guest**



Ben Fuchs - R. Ph.  
Radio Personality -The Bright Side  
Youngevity Product & Lifestyle Expert  
Truth Treatment Systems - Founder

**Holon Wellness is excited to announce our partnership with Youngevity Life Sciences as our exclusive provider of Premium Nutritional Support Systems.**

**Come and learn why it is that we who lead active lifestyles need a special focus on our nutritional strategies.**



**Saturday March 2, 2019 12 – 12:45pm**

**Washington Street Community Center  
809 S. Washington St. – Denver, CO**