



HEALTHY LIVING LEARNING SESSION



Understanding Supplements

Do you currently take dietary supplements in an effort to stay healthy? Are you confused about the health benefit claims that supplement manufacturers make? Please join us for this special healthy living learning session about supplements to:



Featuring
Suzanne Bartlett
Hackenmiller,
M.D., FACOG, ABOIM

Dr. Suzanne is board certified in Obstetrics and Gynecology and is Iowa's first and only fellowship trained and board certified physician in Integrative Medicine.

- Learn evidence-based information about supplements including probiotics, prebiotics, dietary and herbal supplements
- Understand how supplements are regulated in the United States and gain information on potential supplement/ medication interactions
- Learn how to read supplement labels and how to choose effective vitamins and more

Monday,
October 16, 2017

4:30 – 7:00 p.m.

Held in the Van Diest Family Health Clinic Board Room

\$25.00 Workshop Fee
(Offered for free to all employees)

0.25 Nursing CEUs available

Contact Lori Foster
by phone or email to
register, 515.832.7877
or lfoster@vandiestmc.org

Our focus is you.

