

*“Years to Your Life”*

# HEALTH EXPO

Sunday, May 6, 2018 • Noon - 4:00 PM

**Rocky Mount Lifestyle Health Center**

350 Tanyard Road • Rocky Mount, VA

540-483-7775

## FREE

- Chair Massage
- Health-Age Assessment
- Blood Pressure Check
- Body Fat Measurement
- Fitness & Exercise Tips
- Nutritional Strategies
- Natural Remedies Info
- Healthy Recipe Samples & Cooking Demos



*Discover powerful tools  
to enhance your health!*

*Plus*

**10% OFF**  
LHC Store Purchases

*“Add years to your life and life to your years!”*