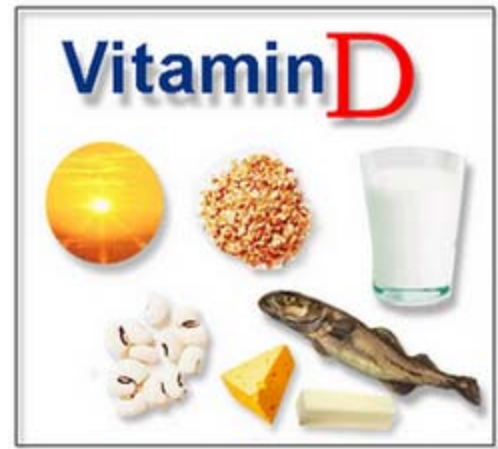


What is your Vitamin D level?

Did you know Vitamin D is a key player in your overall health?



It is implicated in the following conditions, just to name a few:

- Asthma
- Autoimmune illness
- Diabetes
- Irritable Bowel Syndrome and other digestive challenges
- Migraines
- Depression
- Obesity
- Seasonal Affective Disorder
- Heart Disease and more.....

Join us on Thursday, December 10th at 6:30pm at Hampton Health and Wellness. Dr. Jenny Sechler will provide a free dinner and provide an opportunity for you to obtain a kit to test your vitamin D level. Valuable information will be shared as to the risks of having a low vitamin D level and the benefits of having a healthy level. She will provide strategies to raising a low level by using light therapy right here safely in the wellness center.

If you are interested in identifying a missing link to your optimal health, call **309-751-9790** and reserve a seat for the dinner. If you want to assess your Vitamin D level, let us know ahead of time and we will have a kit waiting for you. Bring a friend too!