



Toronto Academy of Karate,
Fitness and Health Inc.

THE WAY

Fitness & Health Seminar

Monday, January 23, 2012
7:00pm – 8:00pm
Deer Park Public School
Gymnasium

So you think you're healthy!!!

You don't want to miss this informative and potentially life-changing free seminar. Our featured speaker is John Wilson, former biochemist and health and nutrition expert. He will be doing a presentation explaining why you need to be healthier than most people. You will hear about other athletes and how they are coping with the extreme stress of rigorous exercise and you will learn how to protect your health.

Watch a video from the Dr. Oz Show in which he explains why it is so important for your long-term health to accurately measure the antioxidant level in your body.

You will have the opportunity to have your level checked and quantified with the revolutionary Biophotonic Scanner which was featured on the show. Discover how healthy you really are and how you compare to others.

Enjoy your karate training and your life even more by experiencing optimum health and train with minimal joint pain for the rest of your life.

RSVP

Please indicate your interest so we have some idea of how many will be attending or contact Sensei at 416 409 3084.

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Bert Freeman
Sensei

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