

# Health & WELLNESS

**You are invited to join us  
at the “Keto & Yoga” PGITI Health & Wellness Event  
Wednesday, February 6, 10 am to Noon**



Event Details: By request, we will meet with a Dietician and Medical Doctor to learn about the benefits and watch-outs of the wildly popular ketogenic diet! What could it do for you? Following a Q&A, our Laura Granado will lead us in a standing Yoga Session! Meet at the conference room in Dr. Gary Huber’s office area:

8170 Corporate Park Dr, STE 150 Cincinnati Oh 45242

RSVP & Cost: Please **RSVP by February 1st** to Rose Lambert at [lambert.rb@gmail.com](mailto:lambert.rb@gmail.com) to reserve your spot. There is no charge to attend the session, however, we would appreciate a donation of \$10 per person to enable us to buy a gift for our presenters, payable discreetly on the day of the event.