



The Rooster Crows™ Seminar Series:

Help for the Sick and Tired: A Health & Wellness Seminar

WHAT: A consumer seminar covering food allergies, celiac disease, malnutrition, malabsorption and the major reasons that health issues have increased in the United States over the last 30 years.

WHEN: Thursday, March 4th

TIME: 9:00 AM – 11:00 AM

WHERE: Embassy Suites Boca Raton
661 NW 53rd Street
Boca Raton, Florida 33487

COST: \$29.00

PRESENTER: Lisa A. Lundy

CREDENTIALS: Lisa is a professional speaker and is the author of *The Super Allergy Girl™ Allergy & Celiac Cookbook – From A Mother Who Knows™*, a gluten-free, dairy-free, egg-free, peanut and tree nut free resource guide and cookbook. Prior to starting her own company, she worked for Xerox Company, Bausch & Lomb and Rhone-Poulenc Rorer (Dermik Laboratories) in sales and marketing. She is an Advanced Toastmaster Silver, CL level in Toastmasters International. Her full resume and biography are available on her website: <http://www.TheSuperAllergyCookbook.com>.

What Lisa A. Lundy has learned in the fight to save her daughter's life and prevent her child from being completely disabled is valuable knowledge that can help anyone get well and stay well. You can find out more about Lisa and her daughter's health condition on Lisa's website.

BENEFITS OF THE SEMINAR:

- Learn about celiac disease and the gluten-free diet – and the latest research
- Gain knowledge on the underlying causes of today's health issues
- Learn how food can impact human health
- Understand the most important things to do to either become healthy or stay healthy
- Gain valuable resources to help you in the area of health
- Understand how to advocate for your own health

Limited Seating – Register Now!

TO REGISTER:

Visit: www.TheSuperAllergyCookbook.com
or call (716) 835-6392 to register or for more information.

Three additional exciting and dynamic seminars are available in Boca Raton: On March 3rd: 9:00 – 11:00 AM Carpe Diem: Time Management and Organization and 1:00 – 3:00 PM Working and Playing in the Team Environment. On March 4th; 1:00 – 3:00 Write and Publish Your Book Now. Visit <http://www.TheSuperAllergyCookbook.com> for registration or call (716) 835-6392.