



# SEMINAR SERIES

*Please join us and our guest presenters for Beyond Urgent Care's Seminar Series.*

Sure, we're here for those unexpected colds, sprains, and minor injuries that require immediate medical care. But we're also concerned with the overall health and well-being of our friends in the community. In that spirit, we offer a complimentary seminar series addressing topics that are of value to you and your family. Good information delivered by professionals and experts in their field. We look forward to seeing you!

## WHEN

DATE: Sunday, January 22, 2017  
TIME: 9AM-10:30AM

## WHERE

Maron Hotel & Suites  
42 Lake Avenue Extension, Danbury, CT 06811

## TOPIC

### 10 Must Know Facts for Heart Health and Hormone Optimization

- The crucial role of cholesterol in the body and how it goes wrong
- The 3 most important hormones to master for fat loss
- The most important vitamin you should be taking to prevent heart disease
- The sun's role in 2 vital nutrients for heart health and hormone balance
- Strategic food choices to optimize desirable hormones
- Specific deep breathing exercises to maximize overall hormone regulation
- The TYPE of training necessary for maximum hormone production
- Which proven supplements maximize heart and hormone health
- Food plan examples based on gender, body type and blood level serums
- How to completely retrain the parasympathetic nervous system

## PRESENTER



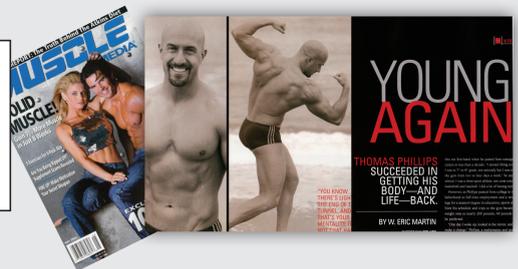
### Thomas Phillips

*Master RKC*

*EAS Grand Master Champion*

*Creator of the Ultimate Transformation Challenge*

Thomas is the owner of Fit for Life in Marlboro, NJ and the creator of the Ultimate Transformation Challenge. Thomas has lectured all over the United States, including EAS and Vitamin Shoppe headquarters, the ASAH conference in Atlantic City, and many other privately owned performance facilities. His messages are both powerful and practical. Do not miss this exclusive chance to learn from an experienced professional who knows how to create lasting change!



*Please RSVP via email: [FitForLifeMarlboro@yahoo.com](mailto:FitForLifeMarlboro@yahoo.com)*

**Open 7 days a week**  
**Monday-Friday 8AM-8PM**  
**Saturday & Sunday 8AM-5PM**

**(203) 456-8000**  
**6 Stony Hill Road, Bethel**  
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