



Dr. Patricia Beckstead
Founder / CEO

Recommended Supplements for Optimal Health...

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
- or
- **Liquid Cal-Mag-Zinc**

These supplements may be purchased on our website:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

FREE Library Lecture Schedule

Las Vegas Clark County Library District:

- Summerlin Library: (1771 Inner Circle, Las Vegas)
9/8/07 at 10:00 a.m.
9/27/07 at 7:00 p.m.
11/8/07 at 7:00 p.m.
- Enterprise Library: (25 E. Shelbourne, Las Vegas)
9/20/07 at 7:00 p.m.
- Sahara West Library: (9600 West Sahara, Las Vegas)
9/25/07 at 7:00 p.m.
- Clark County Library: (1401 E. Flamingo, Las Vegas)
10/29/07 at 2:00 p.m.

Henderson Library District:

*All lectures are held at the Paseo Verde Library at 7:00 p.m.
(280 S. Green Valley Parkway, Henderson 492-7252)

- 9/4/07
- 10/2/07
- 3/4/08
- 4/1/08
- 6/3/08
- 10/7/08

Seating is limited so please call to register at 606-4140. Seminar attendees will receive:

- Women's Guide Booklet and Catalog
- Women's Guide CD
- Freedom from Menopause T-Shirt
- Lecture Workbook