

# Take Control of Your Health!

## 5th of the QRA Prep Classes:

### Foundations to Excellent, Lifelong Health

*Offered by Thrive Nutrition and Wellness, Santa Monica, CA*

**Saturday, September 4th • 9:30 AM - 5 PM**

- Learn 10 key targeted detox methods.
- What you need to know about your air, water & personal care products.
- How to SAFELY detoxify environmental chemicals, plastics, pesticides, heavy metals & radiation from body. A must BEFORE pregnancy.
  - What's the truth about sunscreens and sun exposure?
  - Do you have Parasites? Infections are drivers behind many chronic, mysterious health issues.
- Did you know allergies, asthma, arthritis and autoimmune disorders can be caused by faulty digestion & parasitic infection?
- Learn about importance of a healthy "terrain" to prevent infection, colds & flus and maintain lifelong health.

#### The Results:

*"Through this methodology and understanding the principles of health being taught in this 6 part Foundation to Health series, I healed myself of severe chronic fatigue after over 15 years of searching for answers. We have had success with many chronic conditions. Come learn how this can apply to you. Learn how to take control of your own health and your family's health for life. Feel confident in the understanding that you will now know the main causes of ill health and how to prevent it or how to recover. The goal of these classes is to empower the average person with the knowledge they need to be well in today's complex and toxic world." Mary Kay Finn QRA Practitioner and Nutritional Consultant. Owner, Thrive Nutrition and Wellness, Santa Monica, CA*

Where: Napa Center - Near LAX right off of the 405 FWY & Century Blvd.  
5220 West 104th Street, Los Angeles, CA 90045 Contact Phone: 310 259-6416  
Date: Saturday, September 18th, 2010  
Time: 9:30 AM-5PM  
Cost: \$75.00

**For information or to register contact: Mary Kay Finn 310 399-2329.**

Registration Form:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City / Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Referred by: (How you heard about the seminar) \_\_\_\_\_

Form of payment: Visa    Master Card    Discover    Check

Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Security Code: \_\_\_\_\_ (3 digit code-back of card) Billing Zip Code \_\_\_\_\_

Signature: \_\_\_\_\_

**Space is limited – To guarantee your spot – get your reservations in early before the seminar is sold out!**

To pay by check:

Make payable to Mary Kay Finn to and mail to:  
802 Ozone St. Santa Monica, CA 90405

To pay by credit card:

Mail completed form to above address or email to: [marykfinn@aol.com](mailto:marykfinn@aol.com)  
or call to register by phone: 310 399-2329.

Parking is available in the Napa Center parking lot for 1st 15 arrivals and plenty of parking is available on side streets.

We highly recommend bringing a lunch as healthy food options are limited in the area. There is a kitchen and refrigerator on site.