

This event will change the way you look at your health forever!

Free Admission!
Over \$2000 worth of give-aways

January 10th
at 5:00 PM
Speakers begin
at 7 PM

at Point of Grace Church
305 NE Dartmoor Drive
Waukee

Get Healthy Iowa is a chance for the community to come out and meet the best local food producers for 2012! Also hear dynamic speakers and take your health to the next level.

Sample organic and locally raised food!

Ask questions and learn more about the health benefits of buying and eating locally grown foods.

Meet **your** local farmers, growers and producers:

- Grass-fed beef
- Organic chicken
- Pastured pork
- Free range turkey
- Locally grown / organic produce
- Farm fresh eggs
- Protein powder from grass-fed cows
- Organic supplements

Also, learn more about:

- Healthy cookware
- Local wholefood restaurants
- Functional fitness experts
- Natural / holistic health care
- Signup to win free prizes!
- And more!

Speakers

Steve Deace - Nationally syndicated talk radio host. Come listen to Steve Deace tell his personal health story and be inspired to attain your health goals.

Jake Velie - Food sourcing/lifestyle education expert. Jake will introduce food sourcing and explain why it is important to your health.

Brian Peskin - Foremost expert in omega oils. Brian will share insights into the omega deficiency in this country and provide tips on getting this life supporting fat into your diet. He will also compare fish oil vs. organic seed oils for supplementation.