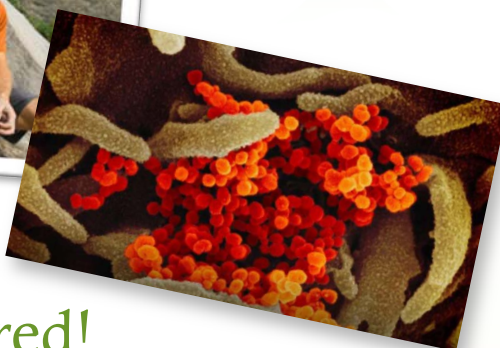


Presents:

# Bulletproofing Your Immunity

A one night class on Tue, Mar 24th from 7 – 9 pm. Cost \$25



## Be Prepared! Protect yourself against Coronavirus.

Dr. Audrey Mickel is starting her 2020 series addressing the current Covid 19 spread and will share her well-researched secrets of how to enhance our immunity. Learn to stay healthy and vital in today's changing environment.

**This evening's talk will focus on cutting-edge advances in Regenerating the Immune System.** Bring your questions.

We'd like to *share this fountain of knowledge on resourceful living with you.*

**Save the Date!**

*Mar 24<sup>th</sup> at 7pm*

Space limited to 25 registrants. You must be pre-registered to attend. No admissions at the door.

**Location: Body Kinetics San Rafael**

1800 2<sup>nd</sup> St.

### Dr. Audrey Mickel, NMD, Ph.D. N.P.,

is a naturopathic doctor with expertise in anti-aging, longevity and wellness. She conducts community and university level courses on hormone balancing, nutrition and longevity. She is an active member of the American Academy of Anti-Aging Medicine, The American Holistic Medical Association, and the American College for the Advancement of Medicine. Dr. Mickel is currently involved in anti-aging research. She has provided wellness, health and nutrition consulting for over 30 years. Audrey took her PhD in Psychoneuroimmunology and since completing her training as a Naturopath added additional training in Endocrinology, Functional Medicine, Traditional Chinese Medicine, Ayurvedic and Energy Medicine. She is the editor of "Hot Flash" newsletter.



**Call 415-388-9945 to register**