

# Staying Healthy While Running Your Small Business



**Wednesday, September 20, 2017**

**11:30 a.m.-1 p.m. • Novozymes**

**77 Perrys Chapel Road, Franklinton**

**Instructor: Susan Crews • Cost: FREE!**

**Lunch provided by Novozymes**

When your general health status falls, everything around you is affected. For small business owners, this can include your business. While it is not always possible to avoid getting sick, taking preventative measures can help to lower your downtime and can ultimately increase your business's productivity. In this seminar, you will discover foods that will optimize your nutrition and boost your energy. Small business owners are known to run themselves ragged, so keeping good health is so important. You will learn how to avoid toxic food ingredients and discover how to eat healthy and stock up on the foods you love. This seminar is an excellent opportunity to learn how great health can positively affect your small business.

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**Please RSVP by Friday, September 15, 2017, to Lori Duke at [lduke@franklincountync.us](mailto:lduke@franklincountync.us) or (919) 554-1863. Registration in advance is required to guarantee a seat.**



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