

# Vivre une Belle Vie

“Live a Beautiful Life”

You are invited to a FREE French dinner at St. Michael's  
October 5, 2010 at 7:00 PM

The admission is free but reservations are required as  
seating is limited

Please feel free to bring other adult guests

The dinner will have a brief lecture presented by:

Nutrition and Wellness LLC

Nassera Beaulieu

Certified Nutrition and Wellness Consultant

Elizabeth Rehberger

MS Health Promotion Specialist

Please RSVP through e-mail:

[nutritionandwellnessllc@yahoo.com](mailto:nutritionandwellnessllc@yahoo.com)

Or phone Elizabeth Rehberger at 571.212.3164