



The Wellness Institute presents:

# Your Summer **Do-Over**

with Dr. Michael Roizen

SAVE THE DATE

**Thursday, April 23, 2015**

**5:00-8:00 p.m.**

Doors close at 6:30 p.m.

Cleveland Clinic Lyndhurst Campus  
1950 Richmond Road  
Lyndhurst, Ohio

Parking is free.

**Registration fee: \$15\***

Free gift to those who attend

Register by April 22, 2015

Online at  
[clevelandclinic.org/clmevents](http://clevelandclinic.org/clmevents)

By email at [wellness@ccf.org](mailto:wellness@ccf.org)

By phone 216.445.5039

\*Nonrefundable fee is payable in advance.

**“It doesn’t matter what you’ve done in your past. You can change your habits, reverse the damage, and get a new beginning.”**

- “This Is Your Do-Over” book signing with Cleveland Clinic Chief Wellness Officer Michael F. Roizen, MD
- Discover summer foods that promote optimal health with Executive Chef Jim Perko
- Enjoy a light, healthy meal with a glass of wine
- Relax with a chair massage
- Participate in a yoga demonstration
- Free samples from local vendors
- Explore unique products at our Wellness store
- Schedule appointments

