

# *Change your water and change your life*

**FREE!** *Saturday July 17th @ 2:00pm* **FREE!**



**Join us Saturday July 17th @ 2:00pm as Dr. Mitchell Mosher demonstrates how just changing the quality and quantity of your water can literally change your life!**



Dr. Mosher will share the benefits of alkaline water with a demonstration. He will also discuss the clinical findings and discuss the benefits of an alkaline lifestyle.

**Don Colbert, MD describes seven things or seven pillars for optimal health:**

- ☆☆ Water
- ☆☆ Sleep and rest
- ☆☆ Living food
- ☆☆ Exercise
- ☆☆ Detoxification
- ☆☆ Supplements
- ☆☆ Coping with stress

Just for attending you will receive a coupon for a 30-day supply of ionized alkaline water.

*Learn how alkaline water can help people living with diabetes, ADHD, reflux, skin infections, issues with weight gain or weight loss, sleep disorders, high blood pressure, cholesterol, (Just to name a few!!!).*



For more information and registration, please visit:

[www.gottayogastudio.com](http://www.gottayogastudio.com)