

# BE INSPIRED TO LIVE WELL



MONDAY, JULY 28 • 5:30PM • AZANI MEDICAL SPA, BETHLEHEM

RSVP by July 25: 610-625-3000 or [info@azanimedicalspa.com](mailto:info@azanimedicalspa.com)

## LIVE WELL, AGE WELL Strategies for a Healthy Body

Learn more about metabolic testing, managing your diet, and simple steps for improving the quality of your life.

Kristen A. Bentson, D.C., M.S.

*Chiropractic, Nutrition, Biofeedback*

## BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

As we age all of our hormones decline. Learn how to safely replace the vanishing hormones to a youthful and healthy level.

Monica Carezani-Gavin, M.D.

*Diplomate of the American Academy of  
Anti-Aging Medicine*

Nutrition  
& Wellness  
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