

ORESTES GUTIERREZ, D.O.

THREE STEPS *to* SUPERIOR HEALTH

AN EVIDENCE-BASED GUIDE FOR

Stress Reduction, Longevity, and Weight Loss



It is such a relief to see a health professional both recognize and implement a program that has the power to save millions of lives and turn around our healthcare.

—RUTH HEIDRICH, PH.D.
Ironman Triathlete and author

Saturday, June 11, 2016, 2:00 pm

**Eugene Public Library
100 W. 10th Av.
Eugene OR**

Free!

**Three Steps to Superior Health:
An Evidence-based Guide for Stress Reduction, Longevity, and Weight Loss**

Dr. Orestes Gutierrez is a Mayo Clinic-trained doctor in private practice in Eugene. He is board certified in Family Medicine and Integrative Holistic Medicine. He will share scientifically-proven principles of stress reduction, evidence-based nutrition information, and safe and practical guidelines for exercise.

Dr. Gutierrez offers valuable information in a helpful and inspiring way. This EVENT is not to be missed!

Hope to see you there!!

This educational presentation is sponsored by the Eugene Veg Education Network (EVEN).

Eugene Veg Education Network - www.eugeneveg.org
---EVEN - serving as a vegan resource since 2005---

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

The **Eugene Veg Education Network (EVEN)** is a **501(c)(3)** non-profit serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's **Mission Statement** is **to inform, educate &**

encourage our members--- as well as the larger community ---by providing information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org **Peace.**