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A graphic illustration showing two stylized human figures in orange and yellow, holding hands in a heart shape. Below them is a green plant with several leaves and a blue wavy line representing a path or water.

*Bridges to Healthy  
Living*

*A Healthy Lifestyle Made Simple and Fun*

September 27, 2012

4:00pm to 5:00pm (VIP Early Access)

5:00pm to 9:00pm (General Admission)

Drake Centre - Ballroom

802 West Drake Road, Fort Collins, CO

*Join us for a fun, relaxed, and "resort-like" evening with healthy and tasty tapas-style meals, desserts, and alcoholic/non-alcoholic beverages. Shop at the silent auction, enjoy simple and fun lifestyle pampering techniques, collect easy-to-make healthy and delicious food recipes, and learn the latest on nutrition and fitness based on science to prevent chronic illness and stay healthy from a nationally renowned speaker, Jim Hill, PhD, Co-Founder of America on the Move, Author of the Step Diet, and Executive Director of Colorado Center for Health and Wellness.*

Learn more at: <http://www.AlterMedResearch.org>