

# WORLD AIDS DAY

*A day of shared global action and awareness observed annually on December 1<sup>st</sup>*

## 7 Steps to a Stronger Immune System

**Essential information for people living with immune deficiency conditions:**

- How to naturally boost immune strength
- Nutritional supplements that increase energy
- How to minimize medication toxicities
- Effects of Vitamin D deficiency

Presented by

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Author of *Immune Power* and *Healing HIV*

**Wednesday, November 30, 2011**  
**Southampton Hospital's Parrish Hall**  
Corner of Lewis Street & Herrick Road

**Free Community Lecture**  
**Lunch will be provided**

Presentation: 10:00 am - 12:00 noon

Lunch: 12:00 noon - 1:00 pm

**SPACE IS LIMITED**  
**PLEASE RSVP BY NOV 23**  
Call the Rogers Center 631-287-5990