



MARCH LUNCHEON

Thursday March 11, 2010
Scott's Seafood Grill & Bar
1333 N. California Blvd, Walnut Creek

Questioning Conventional Wisdom Your Health Is At Stake

With Nathan Brammeier

Nathan has a scientific background but a holistic approach to health and wellness. Nathan holds Masters' Degrees in Organic Chemistry and Human Nutrition. After working in a chemistry lab for 12 years, Nathan made the transition to the health and fitness industry by becoming a certified personal trainer, nutritionist and holistic lifestyle coach. With his scientific background and passion for health, Nathan is able to understand exactly what the body needs to obtain and retain vitality.



TIME: 11:30 am No-Host Cocktails
12:00 noon Luncheon Program

COSTS:	Before Tuesday March 9, 2010	\$45 per Member	\$75 per Non-Member
	After Tuesday March 9, 2010	\$50 per Member	\$90 per Non-Member
	At-The-Door (if available)	\$50 per Member	\$90 per Non-Member

RESERVATION INFORMATION: Tuesday March 9 at 4pm is the reservation and refund deadline. If you do not arrive by 12 noon the day of the luncheon, your seat MAY be given away to a walk-in attendee. Reservations will NOT be accepted without payment and NO refunds after Tuesday March 9! If you have pre-paid for your luncheons in 2010, you MUST STILL make a reservation and check the line below or email to robert@bomaob.org!

Name(s):	Company:

Enclosed is my check/credit card number for \$_____ for _____ person(s)/Luncheon Pre-Paid for 2010:____
Bill my MasterCard/Visa#_____ Exp._____
Name on Card:_____ Veggie Meal (check here):__

Mail Registration form and payment to:
BOMA Oakland/East Bay 1000 Broadway, Ste. 355 Oakland, CA 94607
Phone: 510-893-8780/Fax: 510-893-3516 Email: robert@bomaob.org
You may also register online at www.bomaob.org