

FREE Seminar

Bella Cafe
116 3rd St W
Park Rapids, MN

Tuesday
November 11, 2025
9:00am

DO YOU STRUGGLE WITH...

- ▶ Weight Gain
- ▶ High Blood Pressure
- ▶ High Cholesterol
- ▶ Nerve/Joint Pain
- ▶ Fatigue
- ▶ Belly Fat
- ▶ Digestive Problems
- ▶ Depression
- ▶ Low Libido
- ▶ Brain Fog

Family Nurse Practitioner
CR
Wellness
Healthy Living & Wellness Provider

Reclaim your health!!



Register
Here:

**Limited
Seats!**

OR CALL
701.220.2936

Dr. Cheryl Rising, DNP, FNP-BC, FAANP

