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**FOR IMMEDIATE RELEASE**  
**October 17, 2007**

**EAT, DRINK AND BE HEALTHY: A SEASONAL SURVIVAL GUIDE**  
**-- Kronos Optimal Health Company Offers Complimentary Online Seminars --**

Keeping tabs on your weight during the holiday season can be challenging. Between parties, family dinners and cookie baking, there's plenty of temptation to abandon healthy eating and exercise.

Kronos Optimal Health Company makes it easy to start your New Year's resolution early with a complimentary series of 30-minute online seminars that you can log in to from the comfort of your home or office.

Professional health educators, nutritionists and exercise physiologists from Kronos Optimal Health Company, a leader in workplace wellness and consumer weight management programs, will host "Eat, Drink and Be Healthy: A Seasonal Survival Guide " from 11:30 a.m. - 12 p.m. MST on the following dates:

- Oct. 24: 25 Tips For Achieving A Healthy Weight
- Nov. 7: Exercising For The Busy Lifestyle
- Nov. 21: Healthy And Satisfying Substitutes
- Dec. 5: Eating Healthy When Eating Out
- Dec. 19: Healthy Cooking Kids Will Eat

**MORE**

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"Steps toward a healthier lifestyle can begin today," says Kim Lipsky, health educator for Kronos Optimal Health Company. "These complimentary online seminars will give you information that can easily be applied to your life to begin your journey toward better health and a healthier weight."

For more information or to register for one or more seminars, please visit [www.kronoshealth.com](http://www.kronoshealth.com) and click on Free Web Seminar at the bottom of the screen.

Participants who attend all five seminars will receive a free gift.

**About Kronos Optimal Health Company**

Kronos Optimal Health Company provides optimal health products and services for consumers, employer groups and healthcare providers. Its mission is to help people live as healthy as possible throughout their lives. Kronos Optimal Health Company employs more than 80 professionals in the fields of science, medicine, technology, customer service, sales and marketing. Corporate offices are located in Phoenix. Kronos business units include Kronos Corporate and Community Wellness and Kronos Optimal Health Centre®.

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