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## Beckman completes program from Symmetry

MINSTER — Since Andrew Beckman — Minster resident and business partner with Symmetry — completed an extensive nutritional program through the company's School of Nutritional Science, Beckman has been able to make the community more aware of the benefits in maintaining a healthy lifestyle.

Symmetry is a direct selling company known for their resveratrol infused juice product to help people, of all ages, improve their health and wellness, Beckman said.

"The Practical Applied Nutrition program through Symmetry really gave me the knowledge I

needed to explain all the positive impacts of nutrition to my community," Beckman said. "Since completing this program and earning the certification, I have a greater opportunity and increased confidence, in running my own business."

The three-month-long nutritional program is a California state-licensed program that gives Symmetry's business partners a comprehensive understanding of nutrition and how nutritional and herbal supplements can contribute to overall health. It offers them the opportunity to actively design a healthy lifestyle for themselves, as well as the tools and knowl-

edge necessary for them to provide a "healthy lifestyle prescription" for their family and friends, said Rudy Revak, president and chief executive officer for Symmetry.

"The Practical Applied Nutrition program in The School of Nutritional Science is really a great way for our business partners to help advance their career in nutrition and it enables them to speak knowledgeably on a range of health issues," Revak said. "We are all proud of Andrew for completing this remarkable achievement."

For more information about Symmetry, contact Andrew Beckman at 937-441-2814.