

ADVANCED HEALTH TALKS!

May 2017

May 8th **Dine with Doc—Sign up at Front Desk! Develop Your Greatness** **Dr. Justine**
Free dinner when you bring a guest (please see front desk for details)

May 8th **Balance & Fall Prevention!** **Kinesiologist**
Limit 15 spots available

May 15th **Healthy Feet: The Foundation of your Body!** **Dr. Justine**
Sore Hips? Sore Knees? Sore Feet? Tired Legs or Feet?
This is for you!

May 15th-27th **ANNUAL ORTHOTICS SALE! Save 20% on inserts and shoes**

June/July/August 2017

June 5th **Stretch Class—Exercise Class** **Kinesiologist**
Learn full body routine! Limit 15 people

July 10th **Surge Class/Exercise Class** **Kinesiologist**
Learn the best exercises to do only 4 minutes/day
Limit 15 people

August 14th **Stretch Class/Exercise Class** **Kinesiologist**
Learn how to stretch properly for the best results
Limit 15 people

Wellness talks begin at 7:15pm
*****Reserve your spot today! *****