



Wellness in Winter

**A Special Presentation presented by Sample Chiropractic.
In this 35 minute workshop, you will learn:**

- How to keep those cold and flu bugs away – naturally.
- How not to hibernate: practical exercises to help you stay trim and get through the winter.
- Winter energy boosters those are free and healthy.
- Natural and organic mood enhancers during winter's low light.
- Special nutritional tips
- Question and Answer

Date: **Time:** **Location:**
Make your reservation at the front desk or call: (123) 456-7890
Limited seating

Sample Chiropractic

Email: DrDoe@samplechiro.com

Your Friends in Natural Health Care

www.samplechiro.com