

Chiropractic Workshops

**Ready for your body to work WITH
you instead of AGAINST you!?**

**Join us on *Tuesday, December 6th* at *6:00pm* to find out
how to make that happen!**

Whether you want to lose weight, maintain weight or tone up, we're here to help you!

Get the basics on eating right and figuring out realistic fitness goals to get you to where you want to be. Be prepared to be mind blown as you find out you won't need to spend hours in the gym or eat 7 pieces of lettuce to shed those last few pounds!

You'll be thrilled to find out that....

**Skipping meals can help you lose weight.
Working out for hours a day is the only way to stay fit or lose weight.
The higher the number on the scale, the more unhealthy you are.**

....are all MYTHS!!!

As you leave this workshop you will finally feel motivated to make those changes to meet your goal. Find ways to make eating right and exercising FUN for not only you but your whole family!

To sign up for this fun and interactive workshop, please call **(715-598-4954)** or simply place your name on the sign up sheet located in the reception room and someone will contact you a few days prior to the workshop to confirm. Please bring a guest so that they too can change their life!

Event Details:

Heath4Life Chiropractic

December 6th

6:00pm

Phone: (715) 598-4954

2204 N Hillcrest Parkway Suite 1, Altoona, WI

Wellness