



New Year New You!

*Join us for an evening of
learning, massages & light appetizers!*

**Start your year off by releasing post-holiday stress
with a massage, set your goals, fight fatigue and
boost your immunity!**

Thursday January 24th 5:30pm-8pm

FREE to Attend! Bring a friend!

- ❖ Dealing with Stress & Adrenal Gland Fatigue for a More Energetic You
~Dr. Karenmarie LaConte, Naturopathic Physician
- ❖ How to Create Your Intentions for the New Year
~Tanya Wallace, Certified Professional Coach
- ❖ Free Chair Massages & Learn Stress Management
~Alison Fand, Massage Therapist
- ❖ How Chiropractic can Benefit You
~Dr. David Durso, Chiropractor