

Move Well, Eat Well, and Think Well in 2010

Workshop Schedule

Wednesday Evenings 7:15—8:00 PM

February	2/10	Yoga for a Healthy Spine
	2/24	The Anti-inflammatory Diet
March	3/10	Reduce Stress—Adapt or Perish
	3/24	Raising Healthy Athletes
April	4/14	Spend Less and Gain More Health
	4/28	Sleep- How to get Better Quality

Admission is Free

Seating is Limited; CALL NOW; Guests are Welcome

Westchester Family Chiropractic and Wellness

Dr. Richard H. Davidson
550 Mamaroneck Ave. Suite 103
Harrison, NY 10528
(914) 346-5200
www.westfamchiro.com