

# Health Education Lecture Series

*January 2012*

## **Start a Revolution, Not a Resolution!**

Wednesday, January 18th, 2012—6:00pm  
Presented by ChiroOne Wellness Center

This year, start a revolution, not a resolution with your health! Join us for an informative & interactive lecture about weight loss, proper nutrition and finding enjoyment in exercise!

## **Balancing Hormones Naturally: A Natural Alternative for PMS & Menopause**

Tuesday, January 31st—7:00pm  
Presented by Dr. Randall Davis, *Center for Holistic  
Medicine*

This educational lecture will address the diagnosis & treatment of hormone imbalances in women using alternative methods.

---

All presentations are free to members and guests. Pre-registration is required as space is limited. Please register at the Service Desk. Lectures will be held in the Higher Gear Cycling Studio, located across from Love's Café.

