

# MONTHLY SEMINARS

Mark your calendars for these upcoming  
Health & Wellness seminars:

## 10 Ways to Increase Your Metabolism

October 15<sup>th</sup>, 6:00 pm



## Breast Cancer Awareness

October 29<sup>th</sup>, 6:00 pm

Presented by Valley Medical



## Diabetes Prevention

November 5<sup>th</sup>, 6:00 pm

Presented by Valley Medical

(learn the risk factors & warning signs, free screenings from 5:30-6:00)



## Holiday Healthy Eating

November 18<sup>th</sup>, 6:00 pm

Presented by Valley Medical

(learn how to read labels & receive a low-cal, diabetic friendly pumpkin mousse)



## Bounce Back From Fatigue

December 3<sup>rd</sup>, 6:00 pm

Presented by Dr. Larry Silber