



Optimizing Your Health Potential for 2008

*** DIET * MOVEMENT * MIND ***

When: Saturday, February 16, 2008

Where: Best Western - Hudson

Time: 10:00am-3:00pm

Cost: \$49 individual, \$79 couple
(lunch included)

Pre-Registration Required!!!

Registration Lines:

(651)730-1660 or 386-7690

(you can sign up at **Fresh and Natural Foods**
and **McCabe Family Chiropractic**)

Lunch: choose between turkey, ham, and veg-
gie sandwich box at time of registration.

Presenters:

Zachary D. McCabe DC

Dr. McCabe, chiropractor and wellness counselor, will discuss chronic diseases such as chronic pain, cancer, heart disease, diabetes, depression and fatigue and how these conditions are often caused by lifestyle choices. He will also discuss the importance of maintaining a healthy a healthy spine and offer advice on these topics.

Mark Norman LCN

Mark Norman, licensed certified nutritionist with over 14 years experience in Wisconsin and Minnesota, will be discussing making healthy choices in diet and nutrition , detoxification, and using foods as medicine.

Sharon Olson HBC Hudson, Personal Trainer

Sharon Olson, certified personal trainer, will discuss effective exercise techniques including aerobic and weight training, as well as time management/ prioritizing workouts in your busy schedule.

Included in Workshop:

- Free Lunch Provided by Fresh and Natural Foods
- Workbook, Lecture Notes
- Door Prizes/ Coupons

Chances to Win:

- Free Consultations with Mark Norman, LCN
- Free Training Sessions With Sharon Olson
- Free New Patient Consult and Exam with Dr. McCabe

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