

SEPTEMBER 2017 HEALTHY SEMINARS

How to Stay Young Your First 100 Years!

Why lose mobility at 45, better at 105 and learn how to keep it!

Learn how with few minutes a day to improve and extend your ability to be mobile all of your life. Being outside and moving around is a lot more fun than just sitting!

Presented by: Dr. Neil Donohue, DC & Wellness Consultant

Hampton Bays: Thursday, September 7th 6-7pm

What Your Doctor Hasn't Told You About Cholesterol!

If you want to have a more thorough and empowering knowledge of cholesterol, you need to attend this lecture by Dr. Debe! Find out what causes high cholesterol and how to lower it naturally without medication.

Presented by: Dr. Joseph Debe', Board Certified Nutritionist

Oceanside: Thursday, September 7th 7-8pm

Meditation Seminar

Come enjoy a Guided Chakra Meditation to balance and align the energy centers in your body for optimal well-being with Terry Corr, Meditation Instructor!

Presented by: Terry Corr, Meditation Facilitator

West Islip: Saturday, September 9th 11am-12:00pm

Oceanside: Saturday, September 16th 11am-12:00pm

What Position Does the Chiropractor Play in Sports?

Increase reaction time, be a better athlete and learn how it's done.

Learn how an increase in reaction time can translate into huge increases in performance in almost any sport or activity!

Presented by: Dr. Neil Donohue, DC & Wellness Consultant

Hampton Bays: Tuesday, September 12th 12-1pm

Back to School Seminar-Help Your Children Eat Well!

Help your children eat well for better academic performance, improved behavior and a strong immune system!

Presented by: Pati Smith, Nutritional Consultant

West Islip: Tuesday, September 12th 7-8pm

Natural Approaches to Arthritis

Join Dr. Kesten and learn many natural and physical approaches to preventing and treating arthritis. Topics include whole foods, supplements, herbs, chiropractic and exercises. Don't miss this important seminar on the natural approaches to this potentially crippling disease.

Presented by: Dr. Bruce Kesten, DC

Oceanside: Tuesday, September 12th 7:15-8:15pm

The Importance of Nutrition!

Join us and learn the importance of eating right! Learn the building blocks of proteins, fortification of the immune system and all over benefits. Find out the consequences of poor nutrition.

Presented by: Christine D'Angelo, Certified Nutritional Counselor

Huntington: Wednesday, September 13th 7-8pm

West Islip: Tuesday, September 26th 7-8pm

Obesity-A Mental Perspective!

Learn how obesity affects an individual not just physically but also mentally. Find out how one could lose weight and overcome their mental issues that evolved due to obesity!

Presented by: Marty Raj, Health Instructor

West Islip: Thursday, September 14th 7-8pm

Maximize your Metabolism to Lose Weight!

Eat less and exercise more and you'll lose weight. Right? Not necessarily. Join Dr. Debe' and learn what you can do to control appetite and food cravings, improve body composition, reduce body fat accumulation, and speed burning of body fat.

Presented by: Dr. Joseph Debe', Board Certified Nutritionist

Oceanside: Thursday, September 14th 7-8pm

Losing those 10 Pounds Once and For All!

Join Dr. Kaplan and learn what you need to do to lose 10 pounds naturally!

Presented by: Dr. Allen Kaplan, DC

West Islip: Tuesday, September 19th 7-8pm

Skin Soul Mates-Mychelle Natural Skin Care Event!

Skin Care soul mates, Vitamin C in the morning and Vitamin A at night for round the clock anti-aging action! Stop by and learn about all Mychelle products!

FREE Face Scans to "Reveal" what's hiding underneath!

Presented by: Larissa Nusser-Meany, Mychelle Consultant

Setauket: Wednesday, September 20th 12-2pm

Oceanside: Thursday, September 21st 12-2pm

What your Doctor hasn't told you about Osteoporosis!

Join Dr. Debe' and find out the causes of Osteoporosis (including inflammation & Stress)! Learn the impact of high blood sugar and pH balance on bone health and side effects of some osteoporosis medications.

Presented by: Dr. Joseph Debe', Board Certified Nutritionist

Oceanside: Saturday, September 23rd 1:30-2:30pm

How to improve the Immune System Naturally!

In today's world there are so many outside elements that affect the way our immune system responds. With air and water pollution, toxic food and nutrition, more nerve stress than ever, it's no wonder most Americans suffer from suppressed immune function. Learn about natural therapies to improve overall immune function.

Presented by: Dr. Bruce Kesten, DC

Oceanside: Monday, September 25th 7:15-8:15pm

"All about Gluten"

Gluten is a protein found in wheat and other grains. Adverse health effects from consuming this protein are an epidemic! At least one in five people are affected. Find out about the test for diagnosing gluten sensitivity, how to overcome and heal from this condition!

Presented by: Dr. Joseph Debe', Board Certified Nutritionist

Oceanside: Thursday, September 28th 7-8pm