

THE HEALING
ARTS CENTER

We will provide you with the knowledge and information so you can make informed decisions about the future of your health and body!!!

2010 Monthly Health and Wellness Seminars

Presented by: Dr. Angie Cross, D.C.

JANUARY 5TH: WEIGHT LOSS STRATEGIES: YOUR YEAR TO LOSE

FEBRUARY 2ND: HEART HEALTH: ALTERNATIVES TO PROTECTING YOUR HEART AND AVOID THE NUMBER # 1 KILLER IN AMERICA

MARCH 2ND: TIRED OF BEING TIRED? WAYS TO OVERCOME FATIGUE

APRIL 6TH: OVERCOME YOUR ALLERGIES ONCE AND FOR ALL

MAY 4TH: THE TOXIC WORLD IS KILLING US: WHY DETOXING YOUR BODY MAY JUST SAVE YOUR LIFE

JUNE 1ST: TAKING CONTROL OF YOUR HEALTH: GET THE REAL FACTS ON WAYS TO LIVE TO BE 100 AND FEEL GOOD WHILE YOUR DOING IT.

JULY 6TH: WOMEN'S HEALTH TOPICS AND HORMONAL HEALTH

AUGUST 3RD: CHILDREN'S HEALTH: EVERY PARENT NEEDS EDUCATED ON THEIR CHILD'S HEALTH AND BODY FUNCTIONS

SEPTEMBER 7TH: ALLERGIES: ALTERNATIVE TREATMENTS FOR ALLERGIES AND SIMPLE WAYS TO FIGHT THEM.

OCTOBER 5TH: ACUPUNCTURE: ONE OF THE BEST ALTERNATIVE TREATMENTS FOR PATIENTS TO EXPERIENCE.

NOVEMBER 2ND: CHIROPRACTIC 101: THE SECRET TO LIVING A PAIN FREE LIFE

DECEMBER 7TH: REMOVING STRESS, INCREASE YOUR IMMUNE SYSTEM AND STAYING RELAXED DURING THE HOLIDAYS.

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Dr. Angie is dedicated to teaching you simple, holistic alternative choices with your health and your lifestyles!



The seminars are free and will be held at 5:30 the first Tuesday of the month. Please call ahead to make sure they are still being held.