

Office NEWS!

February 2017



We open our doors and we are excited to welcome you to
our **OPEN HOUSE**

Thursday, February 23rd, 2017 4:00-7:00PM

Meet our team, explore our office and learn about the new opportunities. We will have lots of information, some presentations and of course some yummy refreshments. Come join our team any time between 4-7PM or our presentations as follows:

How Lifestyle Medicine can work for you @4:15 & 4:45pm
How Wellness Coaching can help you @ 4:45pm
Upcoming Practice Innovations @ 5:15 & 6:15pm

Guest are welcome! Please bring a friend who may be interested in learning more about our practice.

RVSP

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GIVE YOURSELF A HUG

February is well known for Valentine's Day and we spread the love with others! Good, but we do not have to limit that love and appreciation for others only. Show yourself some love and respect by a simple pat on the shoulder, a little whisper "good job", a quick affirmation or to pamper yourself with your favorite healthy activity and relaxation.

DO NOT MISS OUT HERE

Save the date and get a spot for our seminars!

EVERY FIRST THURSDAY OF THE MONTH, @ 4:30

Healthy Weight

FEBRUARY 23rd, Join us for our OPEN HOUSE

Lifestyle Medicine

MAY 18th, @ 3:30PM:

Plant Based Nutrition

AUGUST 17th, @ 3:30PM:

Exercise & Sleep

NOVEMBER 21st, @ 3:30PM:

Mindfulness & Meditation

UPCOMING SEMINARS

Have a blast and learn about the newest health topics with Dr. Serna while we are cooking healthy recipes with Chef Armando!

LIFESTYLE MEDICINE SEMINAR

March 2nd @ 4:30

HEALTHY WEIGHT

In our office, regular co-pay applies, sign up necessary

COMMUNITY SEMINAR

March 21st @ 6PM & March 22nd @ Noon

NUTRITION "BOOT CAMP"

Hospital Cafeteria, free of charge, no sign up required