

# July Webinars

## Half Hour To Health

**July 8<sup>th</sup>**  
**6:30 pm**

EVERYONE is invited! You're going to learn why people get sick in the first place, and how they get well & stay well, for life. This information is valuable whether you've been adjusted 2 times or 700 times. Have you ever wondered why some people have pain, muscle spasms, fatigue, indigestion, skin problems or infertility, and other people do not? This is just the beginning of the information Dr. Kalaba will cover in this Half Hour to Health workshop!



## Metabolism in the Dumps?

**July 12<sup>th</sup>**  
**6:30 pm**

Learn more about natural methods of losing weight while restoring your body to its most balanced state. We'll be discussing various ways that people go wrong when they aim to lose weight by unnatural means and also delving deeper into some methods that work to help you achieve weight loss by means of optimum health.



## The Art of Affirmations

**July 21<sup>st</sup>**  
**6:30 pm**

We might occasionally think that we're capable people who can amount to great things, but those thoughts can be fleeting. If you're ready to start new, positive patterns of self-thought that can begin to heal your mind, body, and self image, don't miss out on this opportunity for growth.



## Half Hour To Health

**July 29<sup>th</sup>**  
**6:30 pm**

EVERYONE is invited! You're going to learn why people get sick in the first place, and how they get well & stay well, for life. This information is valuable whether you've been adjusted 2 times or 700 times. Have you ever wondered why some people have pain, muscle spasms, fatigue, indigestion, skin problems or infertility, and other people do not? This is just the beginning of the information Dr. Kalaba will cover in this Half Hour to Health workshop!



## Closed for the 4<sup>th</sup> of July Holiday

**6/30-7/6**

| Sun     | Mon          | Tues         | Wed         | Thur        | Fri    | Sat     |
|---------|--------------|--------------|-------------|-------------|--------|---------|
| June 27 | Open June 28 | Open June 29 | June 30     | July 1      | July 2 | July 3  |
| July 4  | July 5       | July 6       | Open July 7 | Open July 8 | July 9 | July 10 |

