



ROBICHAUD  
Family Chiropractic



Dr. Adrian Robichaud, BSc, DC

*"Thank you so much for your time here yesterday. I was speaking with a few of the residents and staff afterwards. They really appreciated the opportunity to hear your presentation. They were also really pleased to have the opportunity to continue learning! I think your presentation did a lot of good here in the Home. Thank you!"*

Cara Maltby  
Resident Support Services Manager  
The WynField, Oshawa, ON

*"Thanks so much for taking the time on Saturday morning to speak to our Women's Learn to Run group. The information was delivered well and received with enthusiasm...."*

Brenda Barron  
Running Room, Whitby, ON

*"On behalf of the Greater Oshawa Chamber of Commerce, I would like to thank you for facilitating our recent Lunch & Learn in the Chamber board room... The response from those who attended has been quite positive and all enjoyed the information you shared. Everyone found the session very informative."*

Bob Malcolmson  
CEO & General Manager  
Greater Oshawa Chamber of Commerce

Dr. Adrian Robichaud Presents:

## Everyday Nutrition

By attending this talk you will learn about:

### Processed Vs. Fresh Foods

Our bodies have to deal with every chemical we ingest so why add more? Learn about the difference between processed and chemically added foods and how to choose more wisely.

### Supplements

Dr. Robichaud will teach you about what supplements you may need and how to avoid taking too much, which can result in illness and even death.

### Weight Control

Dr. Robichaud will show you simple ways to end frustrating attempts to lose weight for good and what you can do to help take control of your weight.

### Chiropractic Care

The role of chiropractic care in preventing illness and managing your health will be reviewed to **help you be your best!**