

Eat. Learn. Leave Inspired.



The 3rd Monday of Every Month –
Join us to enjoy your neighbors and
learn something new! It's some
FREE FUN, so come on up!
Sign up at the clubhouse so that
we know how many to expect.

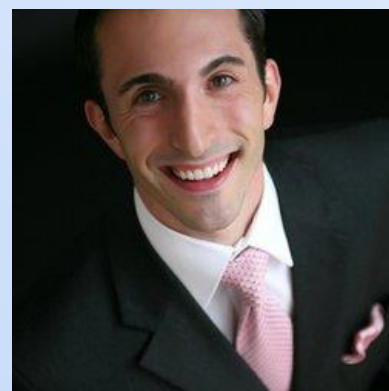
Monday, June 20 6 – 7pm

“The Heart of the Golfer”

Tips & Tricks on Injury Prevention

Speaker - Dr. Jason Hamed:

Throughout college and chiropractic school, Dr. Jason truly wanted to understand wellness. He wanted to understand the cause of a lack of health. Dr. Jason Hamed grew up around chiropractic care, understanding early on that the body is an amazing, self-healing and self-regulating



organism. As his knowledge of health and wellness grew, he became critical of common treatments for sickness and disease. He even realized that his significant sinus, allergy and ear challenges were worsened through surgeries, shots and medicines. Through this journey, Dr. Jason realized that we must constantly evaluate our decisions with respect to our bodies, our nutrition and our thoughts. We must also look to address anything in our lives that takes our body away from homeostasis (perfect balance), because this is the true cause of ill health. He now focuses on structural corrections to help you heal naturally and live the life you love.

Wellness Connection - Our Mission:

The Wellness Connection doctors combine today's leading integrated care offerings—chiropractic, rehabilitation, nutrition, and acupuncture—to effectively and efficiently manage health care conditions and personal wellness goals. You no longer have to accept the inevitability of chronic illness and declining health. We look forward to educating you on living a healthier and happier life.

Wellness Connection is very generously providing Subway Sandwiches.

Seating is limited. Register on the bulletin board at the Clubhouse.

Firm registration deadline is Thursday, June 16.