



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER



Eat Well, Move Well, Think Well CHIROPRACTIC WELLNESS TALK SERIES

RGS YMCA presents...

January 12th: Dr. Angela Mantini—Establishing Healthy Rhythms and Routines

February 9th: Dr. Mike Mills—TBA

March 9th: Dr. Steven Brown—TBA

April 13th: Dr. Jodie Peter—TBA

May 11th: Dr. Kirk Weber—A Better Way to Better Health

WHEN: 2nd Tuesday of the month

TIME: 6:30—7:30pm

LOCATION: Richard G. Snyder YMCA

1150 N. Water St.

Kittanning, PA 16201

<https://rgsymca.org/>

COST: FREE & Open to the Public

****MUST SIGN UP**:** <https://rgsymca.org/programs/registration/>

Join local chiropractors and healthcare professionals on the 2nd Tuesday of the month for the “Eat Well, Move Well, Think Well” Wellness talk series. Your health is a direct manifestation of how you choose to eat, move, and think. To be well, you must eat well, move well, and think well. Presenters will explore your health and wellness concerns by introducing you to new ideas in holistic health and wellness for yourself and your family. **Class size is limited.

** All CDC Covid-19 guidelines will be followed. Class sizes are limited and sign up is a must.