



OCTOBER 2008

Wellness Workshops

Dr. Rick Goins, a member of the Foundation for Wellness Professionals, presents these free workshops on health and wellness.

The Five Secrets to Permanent Weight Loss **Monday, October 13 @ 7:00 p.m.**

A program designed to educate the importance of weight loss as well as helpful tools to actually accomplish this lifestyle change.

The Five Secrets to Living and Feeling Young **Monday, October 20 @ 7:00 p.m.**

A slide program designed to educate the public on many helpful tools to regaining their overall health. This interactive workshop discusses exercise, wellness, diet and the importance of a properly functioning nervous system.

How to Stay Fit While You Sit **Monday, October 27 @ 7:00 p.m.**

A unique slide presentation that is oriented towards education on injury prevention as well as changing personal bad habits.



Dr. Rick Goins graduated from New York Chiropractic College in 2004, receiving a Doctorate in Chiropractic and a second degree in professional studies. Prior to studying at Chiropractic College, he attended Penn State University. Dr. Rick has been practicing in Syracuse for 4 years.

Register: 315-446-3578 or www.dewlib.org



Signed up yet?
You can at the Front Desk!