

SALLY' S HEALTHY LIVING

UPCOMING PUBLIC TALKS

The Hillcrest of Loveland: (all at 3 pm)

Friday August 8th
TIPS FOR HEALTHY AGING

Friday September 5th
TIPS ON GETTING RELIABLE HEALTH INFORMATION
includes tips for western medicine as well as
herbs/supplements and alternative medicine

Friday October 3rd
BRAIN AND THE DIGESTIVE SYSTEM
How they work, how they change as we age
Friday November 7th
TIPS FOR ENJOYING THE HOLIDAYS

Whole Foods/ Ft Collins

Wednesday, September 10th at 1200
LIVING WITH ASTHMA

The Park Regency

Thursday, September 26th at 06:30
BENEFITS OF A HEALTHY LIFESTYLE

The Aspen Club

January 09, 2009
10 TIPS FOR KEEPING YOUR RESOLUTIONS