

# The Club at Prescott Lakes

## 2018 Health and Wellness Seminar Series



### **January**

Create Your Best Year Ever

Presented by Dr. Julie Schifferli

Tuesday, January 16, 2018 – 6pm

### **February**

How to Write a Book & Get it Published...For Free!

Presented by Mike Rothmiller, NY Times Best Selling

Author

Friday, February 9, 2018 – 2pm

### **February**

Proactive Tips to Reduce Your Risk of Oral Cancer

Presented by Dr. Jason Campbell

Thursday, February 22, 2018– 5:30pm

### **March**

Heart Valve Disease in Older Adults

Presented by Dr. Soundos Moualla

Wednesday, March 14, 2018 – 6pm

### **April**

It's Never Too Late to be Healthy!

*How you can attain normal body weight and vibrant energy.*

Presented by Dr. Cheryl Hamilton

Thursday, April 19, 2018 – 5pm

### **May**

Men's Health and Wellness

Presented by Michael Shepp

Tuesday, May 15, 2018 – 6pm

### **June**

Sleep Apnea Management the Easy Way

*The dental device alternative to CPAP therapy.*

Presented by Dr. J.C. Goodwin

Wednesday, June 13, 2018 – 6pm

### **July**

The Amazing Benefits of Foot Reflexology

Presented by Sonny of Amazing Foot Spa

Tuesday, July 17, 2018 – 6pm

### **August**

Benefits and Use of Essential Oils

Presented by Brandi Jex

Wednesday, August 15, 2018 – 6pm

### **September**

Hand and Wrist Orthopedics

Presented by Dr. Richardson

Wednesday, September 19, 2018 – 6pm

### **October**

Slips, Falls and Balance

Dr. Andy Nelson

Tuesday, October 23, 2018 – 6pm

### **November**

Health and Wellness Expo

Local Health and Wellness Professionals

Friday, November 16, 2018 - 11am-2pm

*Wellness Seminars and Educational Workshop speakers present health, wellness and educational topics which are current in the industry. The Club At Prescott Lakes does not endorse or condone any particular speaker, service, doctor or therapist.*