

Achieve Better Health Through Better Living Free Wellness Lecture

Dr. Patrick Falkowski, a West Bend doctor and member of the Foundation for Wellness Professionals, a national non-profit organization to promote wellness and disease prevention, will present a **FREE** lecture providing current research and practical advice on today's critical health topics.

Topic: How to Have Healthy Kids...Naturally

Location: Family Center of Washington County

1517 Lang St. West Bend, WI

Time: Wednesday, September 30, 2009 at 6:30-7:30 p.m.

Are you concerned about your children's health?

- Do your kids suffer from frequent colds, digestive problems,
- ear or throat infections?
- Do your kids have asthma and use their inhaler too frequently?
- Perhaps your child is overweight, not exercising enough or eating
- a poor diet.
- How does your child handle the daily stress of school, family and friends?
- Are your kids carrying too much weight in their backpacks? What about sports or play injuries?
- Is attention deficit or autism a condition you and your child live with?

A child's early years are often filled with bumps and bruises from falls and the typical mishaps of childhood. What is not realized is that during these formative years, it is important to take steps to protect the body's structure as it grows. This presentation will educate parents about the physical impact that common childhood activities can have on a child's long-term health. Dr. Patrick Falkowski will discuss the causes of childhood illnesses, and natural, non-pharmaceutical ways to promote their optimal health and emotional well-being. Dr. Falkowski wants their childhood to be a happy and active time for them and for their parents.

Please call 262-338-0300 to register or for more information.