

Achieve Better Health Through Better Living Wellness Lecture Series

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 series of free lectures providing current research and practical advice on today's critical health topics.

Do you want to LOOK and FEEL YOUNGER?

**The Five Secrets to Looking and Feeling Younger/
Permanent Weight Loss/
Controlling Diabetes
Feel Healthy and Look Great!**

**West Bend Community Library Meeting Room
630 Poplar Street West Bend, WI
Wednesday, December 9, 2009 at 6:30-7:30p.m.**

Dr. Falkowski will educate his audience on natural alternatives to **three of the most serious health concerns for Americans, looking and feeling younger, losing weight, and controlling diabetic symptoms:**

- Why most diets don't work
- What are the real causes of being overweight
- How the body and metabolism works
- How food, water, and medication affect your weight gain and overall health
- How to regain your energy and vitality
- How to finally lose weight/control diabetes naturally
- The true value of being fit and healthy
- How pain limits a person from achieving their full health potential

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