

Do you want to know more aboutthe fundamentals of nutrition?

How we nourish our bodies impacts our health!



Bring your questions!

- This 50 minute session is designed to acquaint you with the basics for good health!
- Food is emphasized first and foremost!
- Supplements....Who needs them? What is sufficient?
- What is the difference between whole food and synthetic supplements?

Where: ReNew Chiropractic, 1 Cottage Street, Pepperell

When: The 4th Thurs of ea month. Five participants are necessary to schedule class.

Cost: \$12.00

Time: 7-8:00 pm

Registration required (with \$12). Please phone 978-433-8888.

Instructor: Donna Schulz, DC, MS Nutrition

** Product discounts available for attendees!

Do you want tolose weight?

How we nourish our bodies impacts our health!



Get ready!

- This 6-week session is designed to initiate weight loss and encourage you for life time changes towards healthy eating.
- Weigh-ins are private and necessary!
- Food diaries help with accountability!
- Information for good health is shared weekly!

Where: ReNew Chiropractic, 1 Cottage Street, Pepperell

When: TBD Six participants are necessary to schedule class.

Cost: \$50.00

Time: 7-8:00 pm

Registration required (with \$50). Please phone 978-433-8888.

Instructor: Donna Schulz, DC, MS Nutrition

** Product discounts available for attendees!

Do you want to.....learn the benefits of a Foam Roller?



Improve circulation, increase blood flow, release muscle tightness, break down knots and reduce pain!

- This 60 minute workshop is hands on with demonstration for proper use.
- Foam roller can be used for core and balance training as well.
- Take away the critical rules to get the most out of your foam roller.

Where: ReNew Chiropractic, 1 Cottage Street, Pepperell

When: The 1st Thursday of each month. Classes alternate between upper and lower body. Five participants are necessary to schedule class.

Cost: \$12.00

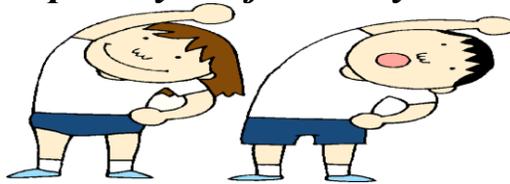
Time: 7-8:00 pm

Registration required (with \$12). Please phone 978-433-8888.

Instructor: Curtis Schulz, trainer at Swymfit in Boxboro, MA since 2011. Swymfit is a gym that specializes in land/water fitness. Curtis is a Burdenko Level 1 certified trainer, which is a specialized form of training that combines land and water exercise and therapy. Curtis is also a certified TRX instructor, and certified as a trainer by the American College of Sports Medicine

** Product discounts available for attendees!

Do you want to.....improve your flexibility?



Reduce muscle tension, increase range of movement in joints, enhance muscular coordination, increase circulation of the blood to various parts of the body and increase energy levels (due to increased circulation).

- This is a 60 minute active workshop with demonstration of proper technique.
- Learn why flexibility is so important towards better mobility and less injury.
- Learn how to breathe properly during your "stretch time".

Where: ReNew Chiropractic, 1 Cottage Street, Pepperell

When: The 3rd Thurs of ea month. Five participants are necessary to schedule class.

Cost: \$12.00

Time: 7-8:00 pm

Registration required (with \$12). Please phone 978-433-8888.

Instructor: Donna Schulz, DC

** Product discounts available for attendees!