

LET HEALTH HAPPEN



**Dr. Geoff
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D.C.**

Looking for More on Health and Wellness?

This column has been running for about one year and I want to thank everyone for the wonderful feedback! My purpose for writing this every week is to educate and empower this community to take more responsibility for their own health and know that better health is always possible. Aligned with this same mission, I've just started something that I'm very excited about. Our new website, www.rivertownchiro.com is designed to send out regular wellness based information several times per month for anyone who signs up. All you need to do is sign in on the homepage and you will receive the following:

- Videos on health and wellness
- Interviews with health experts
- Pod-casts on the essentials of wellness
- Our monthly newsletter

- Communication of upcoming classes
- Wellness webinars and coaching provided by Drs. Walburn & Schuler
- and more . . .

The only way to truly change your health is to change your habits and the only way to change habits is to change your beliefs. The free material provided by this service will be all about changing your beliefs about health and wellness. Please go to the website: www.rivertownchiro.com to sign in your name and email and start receiving this information! I'll have more research next week – thanks for reading!

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