



**Learn How To Feel Better & Live Healthier**



# Natural Health Fair

*Come and Learn About Improving  
'Your Natural Health'*  
**Tuesday, August 23 at 7:00 PM**



**BRING YOUR FAMILY, BRING YOUR FRIENDS**

**Richland Hills Masonic Lodge  
3310 Popplewell Street  
Richland Hills, TX 76118**

Whether its gout, arthritis, chronic pain, diabetes, or more, improving your diet will improve your quality of life.

*We'll talk about*  
**Food and Inflammation?  
Why Get a Massage?  
Can Acupuncture Help Me?  
What About My Achy Joints?  
Healthy Food Preparation  
& Demonstration**



**1-Hour  
Massage  
with  
Lissa Sieja, LMT**

**6-Visit Acupuncture  
Treatment Plan  
with  
Jeff Zwierstra, DC**

**30 Minute  
Nutritional  
Consultation  
with  
Scott Sieja, DC**



## Enter for **FREE DRAWINGS**

Free Spinal Screenings Provided By:

**Baker Blvd Family Chiropractic 7201 Baker Blvd Ste C-1 Richland Hills TX, 76118**