



## *Strive!* for Life with Five Healthy Essentials Tuesday Talk with the Doc Series

Health – it’s more than just feeling better, it’s about actively living the best you can. Join Dr. Nichole Snyder, Chiropractic Physician, as she shares these Five Healthy Essentials to inspire you to live your best life.

**Time: 5:30 — 6:30 pm**

**July 18, 2017**

Nourish: 25 Self-Healing Foods “The Strengtheners”

**August 15, 2017**

Hydrate: 10 Ways to Stay Hydrated - It’s More Than Just Water

**September 19, 2017**

Move: 10 Ways to Move More during Your Day

**October 17, 2017**

Restore: Sleep Better to Heal Better

**November 14, 2017**

Relax: Take Time for Yourself



**Food, Refreshments & Prize Drawings**

**Location:**

***Strive!* Health & Rehabilitation**

**West Marion Medical Plaza**

**4600 SW 46th Ct Suite 140**

**Ocala FL 34474**

**Sign up today for our complimentary Tuesday Talk with The Doc Series!  
info@strivephysmed.com or (352) 873-3634**