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# ROAD TO HEALTH SERIES

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Join us for these **FREE** classes by Dr. Wilkinson, held in the Wilkinson Wellness Clinic lobby.

**Tuesday, Feb. 7**  
**5:15pm**

## **Happy Hormones, Happy Life**

Learn why balanced hormones are vital for a healthy and happy life. Get answers to questions such as: How do hormones affect aging? Do men go through "menopause"? Are bio-identical hormones safe?

**Tuesday, Feb. 21**  
**5:15pm**

## **Fight Fatigue**

Tired all the time and wish you had more energy? Put down that shot of caffeine and come learn about the many causes of fatigue and how you can have the natural energy you long for.

**Tuesday, Feb. 28**  
**5:15pm**

## **Regain Your Brain**

Do you ever wonder where you left your brain? Do you worry that your memory is fading? Learn how a few simple lifestyle changes can help you recover optimal brain function.



**RSVP** at (509) 453-5506 or  
[info@wilkinsonwellness.com](mailto:info@wilkinsonwellness.com)

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