

300 Main Street, Groton, MA 01450 978.448.WELL (9355) www.ItsForYourLife.com

**Community Program Menu**

***We offer programs to local support groups, schools and organizations***

**Backpack Safety**

* The facts of backpack injury
* Learn how to wear a backpack properly
* How to prevent backpack injury

**Aging Gracefully vs. Growing Old**

* Learn where true healing comes from
* The difference between aging gracefully vs. anti-aging
* Why doesn’t everyone heal at 100%?

**Holistic Approaches to a Healthy, Pain Free Body**

* Learn the 6 secrets that could change your life
* How to live a normal life without drugs, potions or procedures
* How to correct health problems at the root cause

**Pregnancy Bootcamp**

* The 5 essentials to the healthiest pregnancy and birth possible
* How to choose between a Midwife or an Obstetrician
* Who you should have on your birthing team?

**Traumatic Birth Syndrome**

* Learn about Traumatic Birth Syndrome: what it is & how to avoid it
* Learn how damage is caused to the spine and nervous system during the birth process

**The Ritalin Controversy**

* Learn about Ritalin and Ritalin like substances
* Understand how Ritalin is marketed to doctors and parents
* How to remove the nerve interference without the use of drugs

**Raising a Healthy Drug Free Family**

* Learn how to keep your family drug free and healthy for life
* How to save thousands on medical expenses
* Scientific research combined Holistic and Chiropractic philosophy

**Heart Healthy Living**

* Learn about heart healthy lifestyle choices
* Tips on heart healthy nutrition

**Women’s Health**

* Learn about why what we’re doing is NOT working
* How to cope with PMS, pregnancy and menopause
* Discover a new concept: Developmental Health Care

**Boosting Your Immune System Naturally**

* Learn why a “healthy” body does not get sick
* How to fight off bacteria, viruses, and even cancer
* Understand what your immune system depends on

**6 Secrets to a Healthy Child**

* Learn why our children are so sick
* Discover where the problem begins
* The 6 secrets you need know!

**The Human Potential Program**

* Learn how to tap into your own inborn potential
* How to remove self-imposed limits
* Discover how to be as healthy as possible

### For more information or to book a health event with us,

### call **978.448.9355 (WELL)** oremail **info@itsforyourlife.com**.