



Diesel Fitness

health & wellness



Monthly information sessions start soon!

Saturday November 16th from 12:45-1:45pm
in the **Main Studio**.

**Topic 1: Introduction to
Chiropractic and Naturopathic**

20 minute talk with **Dr. Jory**, resident
Chiropractor

20 minute talk with **Mary**, resident
Naturopath



Dr. Jory and Mary will be presenting casual monthly hour long health talks **every 3rd Saturday of the month** from 12:45-1:45pm starting Saturday Nov. 16th.

Come find out how you can improve your health and knowledge!

Sign up online @ www.dieselfitness.ca. If you have ever wondered about alternative medicine and a natural approach to healthcare this is for you!



Future topics will include;

- Stress relief**
- Running & gait analysis**
- Detoxification**
- Nutritional supplements**
- Office ergonomics**
- Postural improvement**
- Beating the Winter Blahs**