

Harvest Health FOODS

Healthy Groceries Healthy Vitamins Healthy Answers



***Oh...Do I have a
HEADACHE!***

**Dr. Stan Dombroski,
Chiropractor, Balanced Health
& Geoff Lamden,
Harvest Health Foods**

***We've all had them...it's time to do
something about those headaches!***

Headaches are such a common occurrence; everyone on the planet has likely experienced one. What causes headaches is dependent on the individual, the environment and other factors. Headache symptoms can range from mild to manageable, to completely incapacitating. Are there alternative natural and preventative treatments? **Dr. Stan Dombroski, Chiropractor, will inform us on some physical triggers & the corresponding chiropractic care that may prevent or relieve headaches.** Along with Dr. Dombroski, **Geoff Lamden, our own Harvest Health Staff member, will show some herbal & supplemental remedies that may help relieve headaches.**

Join Us on...

**6.30 Wednesday, July 7th
at Hudsonville Harvest Health Foods
616-896-6630**

Please reserve your spot by calling the store.