

EXTREME HEALTH MAKEOVER



Saturday, March 7, 2009

1:00 – 4:00pm

Historical Building

600 E. Locust Street

3rd floor Classroom A & B

Dr. Jeff Stickel is a Maximized Living Chiropractor and is on a mission to save and improve as many lives as he can! The Extreme Health Makeover focuses on toxicity, cleansing and the benefit of The Healing Diet-getting ALL the toxins out of your body and your life. Materials will be provided.

\$10 per person

Includes workshop materials
and raw food sampling

Special guest **Sheree Clark** is a recognized vegan raw food chef and instructor. The co-owner of a nationally renowned graphic design firm, Sheree now combines her chef and marketing talents to teach entertaining and informative raw food classes. Sheree will overview the raw lifestyle and tempt us with tasty — and healthy — raw treats.



**SATURDAY
MARCH 7
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R.S.V.P. required by Friday March 6, 2009 at (515) 255-3021- Stickel Chiropractic