

March Health For Life Events with Dr. Donovan

Wednesday March 10th - 7:15 PM - 9:45 PM Dynamic Anatomy Workshop - The Vibrant Spine- This is one workshop not to be missed. I'll cover my specialty which is spinal health, hygiene, and optimization. Key secrets to maintaining overall healthy posture and specific ways to enhance function throughout the spine. Stretches, strengthening exercises, and handouts included. Investment in self is \$32 if 7 days prior or \$38 thereafter. www.yogalokareno.com

Thursday March 18th - Rational Detox for Life- 6 PM – 7 PM at The Meridian. This lecture will go over the most important lifestyle practices, food choices, and supplements for assisting the body in detoxing from the toxic world we inhabit. Handouts are included. \$15. www.themeridianreno.com