# 有個健康的明天

## HOW TO LIVE HEALTHY IN 2019?

Get rid of 2018 headaches and learn a natural way to live healthy in 2019



### Free Educational Presentation in English by

### Dr. Lorne Papernick

Dr. Papernick obtained his Master Degree in Education along with his Bachelors of Science and his Doctor of Chiropractic. He has educated people on how to keep everything in your body working well naturally.

#### All are welcome to attend at no cost



#### This event is held:

Date: Monday, February 4, 2019

Time: 8:00pm – 9:00pm Place: Activities Room 2&3

Angus Glen Community Centre