

Healthy Holiday Eating Tips & Fun Interesting Food Facts

by

Drs. Bob Berry & Vice Lujan

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Advanced Family Chiropractic · 219 West Main St. · Montour Falls, NY 14865

It's that fun time of year again!!!

This health presentation will cover holiday eating and fitness tips so that you can still look good and be healthy without having to deprive yourself of all the holiday treats.

Here is a small sample of questions Drs. Bob & Vice will be answering:

- What are the proper food combinations to eat to avoid gaining weight?
 - Are there any quick and easy fitness tips while traveling?
- Why do we feel tired and sluggish after eating holiday food?
- What are healthy, plant-based alternatives to traditional food ingredients?
 - Should I go to a party hungry or not?...why?
 - Does watching portion size matter during the holidays?
 - What are the real facts to common holiday drinks?
- How do I make a conscious choice to limit high fat foods?

The cost is free and open to the public!

If you are looking for a fun and interactive approach to getting healthy, then don't miss this fun presentation. Seats are expected to fill up fast, so register today by calling Advanced Family Chiropractic at 607.535.7080.

Robert Berry received his doctoral degree from New York Chiropractic College, a BS in Medical Technology & BS in Biology from Fredonia State University. In 2001, Dr. Berry was named "Chiropractic Biophysics Doctor of the Year" for his contributions to the field of Chiropractic Biophysics.

Vice Lujan received his doctoral degree from New York Chiropractic College, a BS degree in Exercise Science & Wellness from Bastyr University, and is a Certified Strength & Conditioning Specialist.

Please visit www.AdvancedFamilyChiropracticofNY.com & www.OneHealthyVice.com for more information.