



*What do French fries have to do with my neck
pain?*

*Can pineapple help with recovery from
injuries?*

Join us for a fun and informative evening to learn about ...

The Food-Pain Connection

With

Dr. Deb Dlug, D.C.

And

Debra Oria, MS, Clinical Nutritionist, Your Best Health, LLC

7pm, March 29th

@ Well Adjusted

499 Federal Road, #18

Brookfield, CT

Come on out for some useful information,
healthy snacks and the chance to win
fabulous prizes!

Please RSVP by March 28th to:

drdebdlug@gmail.com

