


Flier Day THURSDAY

**Thursday,
October 19, 2017
6:00 p.m.**

 **Special Event at**
Shanti Wellness Day Spa
**620 Second Street,
Suite 2, Webster City**

Questions?

Please contact Lori Foster
by phone or email at 515.832.7877
or lfoster@vandiestmc.org.

**Hear from three women who
think you're worth it!**



Mary Fortune
Functional Diagnostic
Nutrition



**Dr. Suzanne
Bartlett Hackenmiller**
Integrative Medicine,
Obstetrics &
Gynecology



Melanie Plain, MSPAS, PA-C
PrimeLife Integrative Medicine

**Our focus is you, and we think
yours should be too!**

The Women's Health team at Van Diest Family Health Clinic and Shanti Wellness Day Spa are teaming up for a very special Ladies' Night Out!

For too many women, putting themselves first comes in last when in reality putting 'self' first is a life-strategy that ensures you stay well, and have the energy to take the best care of the important relationships in your life.

Please say YES to this invitation to focus on your health and wellbeing, and enjoy some well-deserved me time too!

 **Refreshments to be served &
Register for Door Prizes**

VAN DIEST
Women's Health
& Wellness

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