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Workshops on Wellness

Promoting a Healthier Lifestyle in Waunakee

Sponsored by: Village Center of Waunakee and
Waunakee Lions Club

“Super Power Your Immune System & Natural Home Remedies”

Presenter: Dr. Whitney Cronin, ND—Holistic Home Health and Wellness

Dr. Whitney is a doctor of naturopathic medicine, a health & wellness expert, public educational speaker, and owner of Holistic Home Health and Wellness in Waunakee. Educated and trained as a primary care doctor with a focus on natural treatments, she is dedicated to educating her patients and providing them with the tools to achieve wellness in the comfort of their homes. Dr. Whitney has spent several years utilizing the safest, most natural treatments to help her patients solve their health concerns. She earned her Bachelors of Science in Biology from UW-Stevens Point and her Doctorate in Naturopathic Medicine from National University of Health Sciences in Lombard, IL. She is an active member of the American Association of Naturopathic Physicians and the WI Naturopathic Doctor's Association. She currently offers in office, tele-health (phone & video), and house call services for all manner of health concerns.

Presentation Overview



Are you one of the “unlucky” people who seem to get a really bad cold, sinus infection, strep throat, or maybe even the flu every winter, no matter what you do? Are you sick of taking antibiotics or getting the flu shot, and still getting sick? Maybe you’ve tried some popular over-the-counter immune boosters or vitamins, but weren’t sure what you should take, how much or when. Imagine what it would be like to cruise through the fall, winter and spring congestion, cough and snuffle free! In Dr. Whitney’s presentation you will learn what natural products you can utilize in order to boost your immune system. She’ll touch on great natural products, using food as medicine, and even some DIY at home remedies that you can utilize if you do find yourself sick. Bonus for attendees: handout on the effective at home hydrotherapy treatment, wet socks, to help you fight off the bugs while you sleep!

Contact Info:

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Date: Wednesday, February 14, 2018

Time: 7:00-8:00 pm

Location: Waunakee Village Center

Free Event

