

W O W

Workshops on Wellness

Promoting a Healthier Lifestyle in Waunakee

Sponsored by: Village Center of Waunakee and
Waunakee Lions Club

“Headaches 101: Five Keys to Beating the Pain”

Presenter: Dr. Kamen Blau, DC — Apex Chiropractic

Dr. Kamen grew up near the small town of Merrimac, Wisconsin, near Lake Wisconsin. He spent his younger years on his family's hobby farm, raising various animals and enjoying time outdoors hunting, fishing and spending time with his family. Kamen did not know right away that he wanted to be a Doctor of Chiropractic. It wasn't until his freshman year of college that he realized that he could make a lasting impact on the health of his family and his community with Chiropractic. After receiving a bachelor's degree in biology at the University of Wisconsin-Platteville, Dr. Kamen began his graduate degree at Palmer College of Chiropractic in Davenport, Iowa.

Presentation Overview



Join us for this workshops on wellness presentation to learn what causes headaches and the key ways to get rid of them naturally including:

1. Key foods found to trigger headaches
2. 5 nervous system nutrients that all headache sufferers should consume to help reduce inflammation and headache pain
3. 3 Simple Lifestyle Changes that will drop the risk of re-occurring headaches
4. A Link to a headache solution that most MDs are not talking about

FREE Neurothermal Assessments!

5 minute appointments available from 6:30—7:00 pm. These assessments can help detect nervous system imbalances that may be related to headaches, high blood pressure, low energy, among other issues. Please call the Village Center at 850-5992 to reserve an appointment time.

Date: Wednesday, September 11, 2019

Time: 7:00-8:00 pm

Location: Waunakee Village Center

Free Event

