

# WOW

# Virtual Workshops on Wellness

Promoting a Healthier Lifestyle in Waunakee

Sponsored by: Village Center of Waunakee and  
Waunakee Lions Club

## “Immunity 101”

**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 the Workshop on Wellness presentation on how to boost your immunity without the use of antibiotics. Topics discussed will include:

- Non-negotiable Nutrients to Support Immune Health
- 5 Immune Destroying Foods that you should avoid
- 3 Simple Lifestyle Changes that will skyrocket your immunity
- A missing link to a titanium immune system that most Doctors don't know about!

**Date: Wednesday, April 14, 2021**

**Time: 7:00-8:00 pm**

**Location: Virtual via ZOOM**

**Free to Attend**



**For more information or to receive the presentation zoom link to join, please contact Travis Steuber at [tsteuber@waunakee.com](mailto:tsteuber@waunakee.com) or 850-5992**